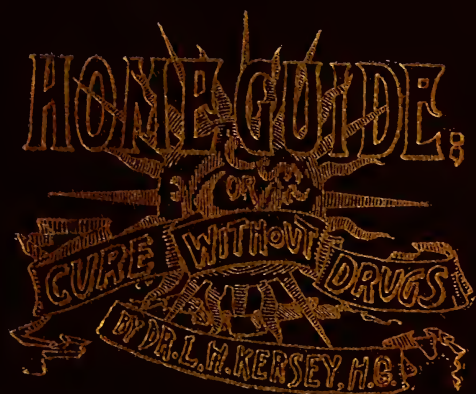


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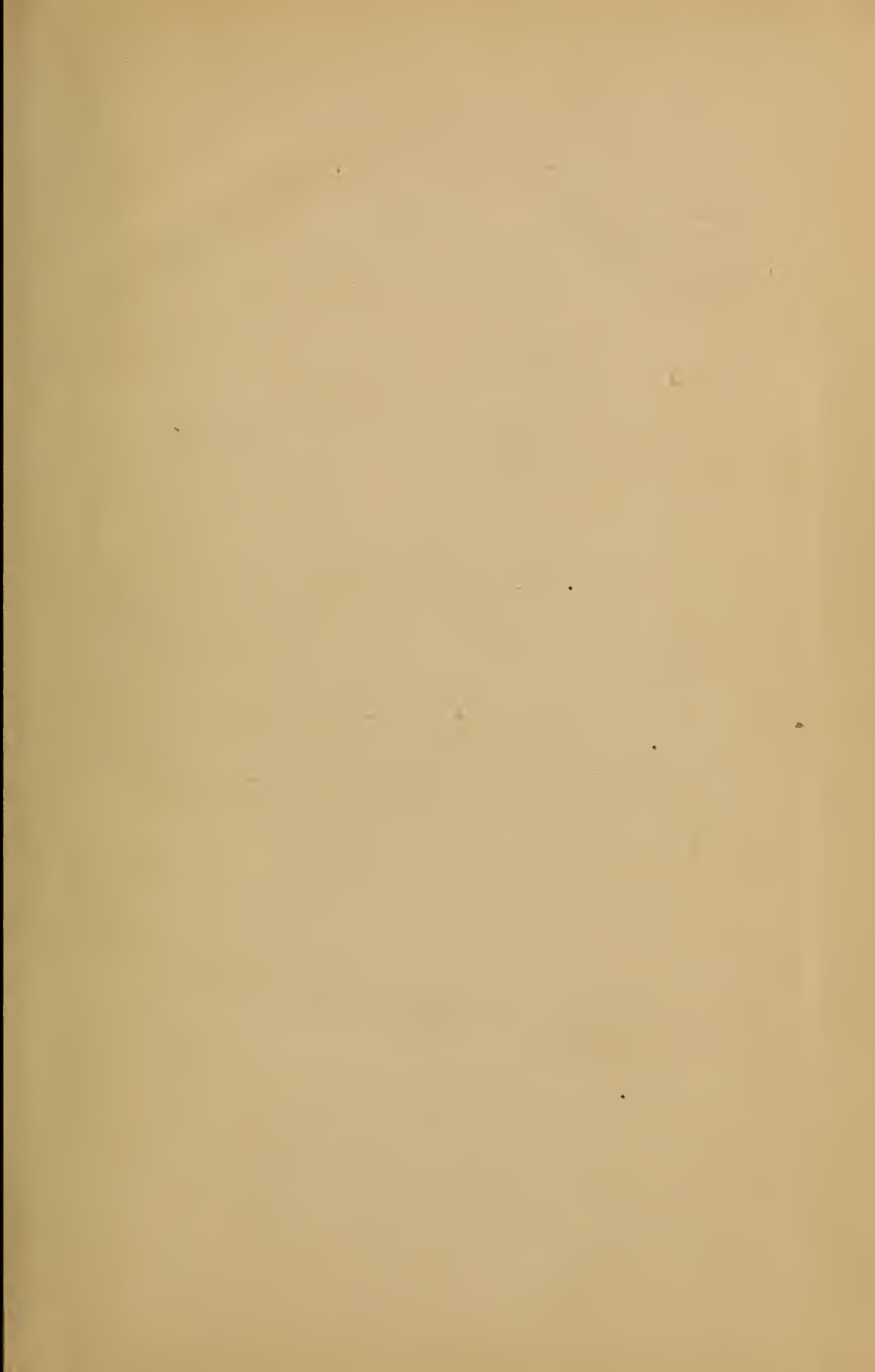
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HOME GUIDE; OR CURE WITHOUT DRUGS.

THE DISCOVERY OF THE
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AND
THE NATURAL REMEDIES.

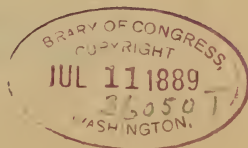
THE GREATEST DISCOVERY ON EARTH. CONTAINS FULL
DIRECTIONS AS TO FOOD AND BATHING, AND
MANY PRACTICAL HINTS.

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BY DR. L. H. KERSEY, H. G.

PRICE, FIVE DOLLARS. Copies can be obtained by mail
of the author, by addressing, with check or
money order, or of Agents.

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PREFACE.

In offering the HOME GUIDE to the public, the author is aware that it will meet opposition and perhaps ridicule. Combatting and overthrowing, as it does, long cherished theories and superstitions; exposing as it must, the ignorance and craftiness of practitioners of old systems, the GUIDE expects to find most of its friends among those who are not enslaved by traditional notions, if not entirely free from their shadows. Of one thing, at least, the author is certain, namely, that in the following pages he recommends no remedy which has not been successful in his own ailments or those of others; in fact, most of these remedies have been verified in both ways.

The author also desires to state that he can take any person, treat him as directed herein, and within six hours have him in perfect condition to resist smallpox, yellow fever, or any other contagious disease.

However novel and startling the author's explanations, or however foolish the treatments may appear to be, he hopes that all his readers will exercise that justice which requires that condemnation must never go before a fair trial. And that is all the author asks—a fair and impartial test.

DR. L. H. KERSEY, H. G.,
INDIANAPOLIS, IND.

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THE ESSENCE

OR

SUBSTANCE OF DISEASES.

The essence or substance or seed of disease, has been the study of doctors, professors, and all classes of scientists, for many years. All had agreed and acknowledged that it had never been discovered. Knowing this to be the fact, from a lecture of Professor Gross, M. D., I, in 1875, set myself to find or discover this essence or substance which caused diseases, at Muncie, Ind. I made a start. The proprietor of a hotel told me what had happened in his family. His daughter had consumption, and the doctors gave her up to die. The smallpox broke out in Muncie and his family was attacked by it. The daughter who had consumption took the smallpox, and a large quantity of corruption was thrown out by the disease. She got well of that, and when well of smallpox she had no cough, and no trace or symptom or indication of consumption. She began to improve at once and got well, stout and hearty, and at the time I saw her she weighed a hundred and sixty pounds. There I caught the idea of the source or seed of disease. What was that purulent matter

or corruption thrown out by the smallpox? I would try at once to discover that. So I went to work and found what that was. I kept on investigating while I traveled many thousands of miles in my business. I found that smallpox cured any and all chronic diseases, and discovered fully what the corruption was that smallpox throws off, and thus found, unquestionably the seeds or essence or substance of diseases.

I wrote President Palmer, of the Medical College at Ann Arbor, Mich., that I had discovered the essence or substance of diseases, and I could cure any disease easily. He wrote me a letter to come to Ann Arbor. I went; found him to be an old man, and I did not feel like unfolding my discovery to him. So I asked for a professor who was not over thirty-five or thirty-eight years old. My reason for this was, that I had found it difficult or impossible to change the opinions of a man over forty years old, while I find with men of thirty to thirty-five that I can convince them far more readily. He sent me a man whom I found to be a gentleman in all respects, Professor Dwight. He had been professor at Ann Arbor six years, and in Cincinnati, Ohio, three years, and was thirty-three years old. My questions were: "Do you know all you want to know? Do you know what the essence or substance of disease is? Have you any number of remedies that ever cured any one disease satisfactorily to you?" Then I continued: "Now, sir, let me ask you a few more questions, and will you treat me fair and square, and answer them to the best of your ability?" He said, "Yes, sir." I said, "Now, sir, say you was to bring me a man who you knew had had rheumatism for six months and one whose muscles had never been contracted. Let me have charge of that man, take him, expose him to smallpox; let him have smallpox, get well of it, all the corrupt matter cast out of him, and when well of smallpox, what about the rheumatism;

would he be well of that, too?" Answer, "Yes, sir." Question again: "Well, if one were afflicted with consumption in the second stage and take the smallpox, and all the rotten matter be cast out and he get well of the smallpox, what about the consumption; would he be well of consumption, too?" Answer, "Yes, sir."

"Now, sir, say you would bring me a man with liver complaint (so called); let me have charge of him; say I take him and expose him to smallpox, let him have that disease and have all the rotten, corrupt matter cast out of him, and he gets well of smallpox, what about the liver complaint?" Answer, "He would be well of liver complaint." I continued, "Now, Professor, I will show you that liver complaint is a hobby; at the same time I will admit his liver would be affected, but no more or less than the whole human structure. I say he would be equally affected from the soles of his feet to the crown of his head." Question. "Where is this corrupt matter cast out? Is it not from the soles of his feet to the crown of his head?" Answer, "Yes, sir." "Now, Professor, I want to show you something perhaps you never thought of," said I to him. "Say you were to bring me two men. Say their weight was a hundred and seventy pounds; brothers, farmers who had never been vaccinated for smallpox, and had eaten freely of fat pork, lard in biscuits, butter, sugar, molasses, etc. We will call them No. 1 and No. 2. Give me charge of No. 1; let me take him, expose him to smallpox, feed him the food just named, to which he is accustomed, and let him have smallpox, and say he gets well of that; please tell me how many pounds of corrupt matter you would guess would be thrown out of such a man?" Answer, "Perhaps twelve to sixteen pounds of such corruption would be cast out." Question: "Now, Professor, is there anything without a cause?" "No, sir." "Is there anything without a sub-

stance?" "No, sir." "Then there is a cause for smallpox?" "Yes, sir." "Do you know what that cause is?" "No, sir." "Please let me make my statement." "Go ahead."

This is my statement: "If I can show to you to your full satisfaction that all of that corruption cast out of No. 1 ought not to have been in him, and what it is in full, will that satisfy you?" "Yes." "Now, say I take No. 2, giving him the same kind of food, and admit that there is the same amount of rotten matter in his system. To prove it in full, I take him, diet him, or feed him perfect food for thirty days, with nothing to drink but water, bathe him once a week, give him ordinary exercise, plenty of pure air, food to be Graham bread—of wheat, oats or rye—fruits with not much acid, and watery vegetables, and expose him to smallpox, what would be the consequence?" "He would not have smallpox." "If I can get a man to diet twelve or fifteen days, the smallpox will not hurt him. It may make him a little sick, and his skin turn red and be thick, but pits will not form."

Now see what he says about this, and here is where I destroy the old idea of malaria. No. 2 has breathed the same matter in the air all the time as No. 1, and no rotten material, malaria or poison has got into him. Where has it gone? Taken wings and flown away. This comparison kills malaria and poison dead. Now, reader, does it not look reasonable that whatever carried this rotten matter out of the system of No. 2, would do it in all manner of diseases? He would never take a drug, and yet all the diseased material is gone. What will do it in that case will hold good in all other cases; and that is the water, called "blood," but the water has to do all the work. Now, when you have a cold the pores or holes of the skin are closed like painting a piece of muslin. Water will not run through the painted muslin, so the corrupt matter and broken-down tissue will not pass

through the skin in a cold. Then the blood carries it back to the head, nose and lungs. You sneeze; hot matter, or water and matter run out of your nose and make it sore and hot; the lungs fill up and become sore and hot, and this hot matter decomposes or decays the lungs like the nose, for what will rot and decay the skin in the nose will rot or decay the lungs, head or flesh, and cause pain or heat.

Now, look at or think of a person who takes typhoid fever. It commences with a cold in the head and lungs; fills them full of decayed matter and broken-down tissue; the nose gets sore and hot; the flesh pains, for the corruption settles all over the whole human structure, and all the organs and even the brain are filled full. This stuff is corruption, and it rots sound flesh, causing pain, and it is the fuel causing the heat called fever, which is only common heat like that produced by common substances. No witch or ghost or some "kill-all" does it, but about twelve to sixteen pounds of decayed matter in a grown person. Here you see the folly of taking a drug or patent medicine to open the pores and remove all this mass of corruption out of the system. You had better try to dip the ocean dry with a tin-cup. It is impossible.

SMALLPOX.

Smallpox is only the corruption thrown out of the system made up of butter, lard, sugar, fat pork, molasses, white flour, salt, and many other like substances. The Creator did not make butter in the form man takes it, nor hundreds of other things. He made all that was necessary for the needs of our

bodies to build them up and supply their waste. This is the object of all proper and wholesome food. It never was intended for man to eat three or four times as much as was needed for the wants and waste of the body, or to use food only for the flavor and pleasure of the taste. All food taken in excess of the needs of the body's wants has the effect of "founder," and causes inflammation, fever, heat, headache, rheumatism; and to eat butter, lard, fats, greasy pork, sugar, molasses, and all such stuff, and salt, white flour, and the like, fills the system full of corruption. Then it is necessary to have smallpox to rid the system of this pernicious stuff. So the Creator sent a remedy in the smallpox to cast off this stuff.

How can a man be healthy with all of a gallon or two of this rotten matter in him? There is plenty of material for every disease to work on, some substance in every form of it to feed it and give it strength. Remove the substance or substances, and then the patient gets well, if he or she uses the right kind of food. Now this is what I can do. I can remove all the unwholesome material or materials out of the system without a drug. I condemn all forms of drugs and poisons and their kind. (See remedies or means for removing all the injurious materials out of the body just as the smallpox does.) That removal cures all manner of diseases, and I can do the same by removing the corrupt matter in the same way.

Smallpox cures all diseases of all kinds. See how much rotten corruption is thrown out of a man who eats a great deal of fats and oils, butter, sugar, salt, white flour, and, I will say, drinks whisky. See how little is thrown out if he goes twenty or thirty days without fats or greasy food. He may eat brown bread and dried stewed peaches and drink water for twenty days, and he will be clear of corrupt matter. So I find consumption, catarrh of the

head, sore eyes, sore ears, scrofula, rheumatism, sore limbs, running sores, and all such diseases, produced by this decayed matter. Fever is heat, and heat is produced by fats and oils alone. An excess of these produces an excess of heat, and this is fever.

There is not one atom of material moved in man except by water, and there is not an atom of material moved out except by water. Water does the whole work for man, trees, plants, vegetables, every living thing on the earth, beast, fowl, insect, creeping thing. So all corrupt matter is moved out with water. Water is doing more work than every other power to purify and cure on the earth. So medicine is a perfect farce—a humbug that kills instead of curing. Whisky and medicine will kill well men.

Why do people have smallpox? There are good reasons for it. They violate all the natural laws, eat all the filth they can make, drink all the filth they can in the form of liquors, beer, wine of all kinds, soda water, mineral waters, and many other slops, and thus fill the system full of corrupt matter. Then it is necessary to put a check to it, and smallpox is a restraining power. Now see how soon doctors tell people to quit eating grease, fats, salt, sugar and molasses, when smallpox breaks out. "Diet," they say now. If such stuff will make filth and corruption for smallpox to cast out, why not make it for other diseases? And if it will make it for smallpox, it makes the same material all the time, disease or no disease, and must be causing trouble. Smallpox leaves the system clean and clear if one gets well, as I have learned from talks I have had with several people who have had smallpox. It washes out all the filth and corruption. There is nothing without a cause. So there is a cause for smallpox, and a big one, too. See how much corruption it brings out. It throws out of a man perhaps all the way from eight to twenty pounds. Is

this not awful? No wonder the Creator says "Halt now!" See how easy it is to get rid of this dangerous matter just by dieting for thirty days. It leaves the system clear and clean. Where is the malaria? In the air, taken wings and flown, and no poison used, either. Stop, doctors, and think of your blunder, folly and mistake!

CURE FOR SMALLPOX.—Smallpox can be treated in two ways. One is to place the patient in a bath of hot water, as hot as he can stand it; keep it hot for four or five hours, just as the pits begin to show. Then take cotton flannel, make two pieces four plies thick, large enough to cover the face fully, cut a hole for the nose, wet them in hot water as hot as you can bear, wring them out, place one on the face and change them every five minutes for three or four hours, and no pits will form. Another way is to take sweet oil, or cocoanut oil or cotton seed oil, as either will do, one pint, and one ounce of cayenne pepper, pulverized; mix them together; rub the whole body, limbs and all; wet a cloth with the oil and pepper, place it over the face, and all the corrupt matter will ooze out through the skin and leave no mark; wash it off the next day.

CONSUMPTION.

I can easily understand and explain the cause of consumption to any intelligent reader or hearer. It was in Muncie, Indiana, that I made my start in the discovery that smallpox cured consumption. Then to find what the material was that smallpox cast out of the body was the next thing in order—that is, to find what rotted the lungs. I found that

out fully. To give it so you can understand it, reader, I will ask, did you ever have a "bad cold," so called, and do you remember that first you sneezed, then hot material began to flow from your nose, and then, in a few hours, it was sore, and all the skin was rotted off; and do you remember how hot it was? And you remember how your lungs and head filled up at the same time? Now, if that material coming to the nose will make the nose sore, and rot the skin off, it will rot the lungs; and that is what rots the lungs, and causes them to become sore, as I have established. I can take a well man and produce consumption in thirty days, or less. For instance, take a man on a frosty night, strip him nude, and in ten minutes, or less, he is sneezing, and the hot material begins to run out of his nose, and in twenty or thirty minutes his nose is sore and hot with fever. Now, his lungs and head are full of such material, and his whole system is full, and he will have pains all over him, for all parts are rotting, the lungs commencing it. Repeat this operation, or take the man out every night, strip him naked for ten or twenty minutes for thirty days, and you would have a case of consumption in full, if the man would eat greasy and unwholesome food, as people commonly do.

How have I caused consumption? By applying cold to the skin, closing the holes or pores of the skin, and driving the blood back to the center. The water or blood carries the waste of the body back with it to try to dispose of it, and it rots the nose, head, lungs, kidneys, liver, heart and flesh. Consumption mostly goes to the lungs and destroys them much the fastest, and when once the lungs begin to rot, they become inflamed, the cells are enlarged, and the diseased material flows there from all parts of the body, and masses of material are cast off in this direction. I have had some experience, as I was given up to die with consumption in 1873.

I coughed for eighteen months and had hemorrhage for four months. My left side or breast sank down one and a half inches lower than my right side; my weight fell to 120 pounds, while my common weight is 165 to 175 pounds. I know I coughed up ten gallons of corrupt matter in six months, when I was at the worst. This material had to come from other sources than my lungs, as they were not large enough to make it or hold it. If you try, you will see how soon your lungs will fill full of corruption when you have taken a cold, so called. They will fill full in a short time, and the head, too. You can't get rid of a cold until you cast off a lot of corruption. A great lot will come from the lungs and head. Now does it look reasonable that a little drug can remove this diseased mass? No, I say it is folly. Did you ever get rid of a cold until this material was cast off? No, you never did.

If, to apply cold to the outer extremities will produce the disease or the corrupt matter made out of carbon, or grease and carbon, why not send it back the other way by putting ice inside, and heat and moisture outside?—reverse the operation, run it back to where it came from. As the lungs and center are too hot, the ice inside will cool them, and all the internal organs, too, and the water will moisten the hardened corrupt matter. If heat and moisture are applied to the outer extremities, that will open the holes or pores of the skin; and heat attracts the water or blood, and the water in the blood will carry off millions of rotten molecules and cast them out to the surface, ready to be taken off with a bath. Millions of molecules or atoms pass off in the air, such as you smell. How easy it is to cure consumption if you remove the cause; and filth and corruption are the cause. As soon as the cause is removed, the blood rebuilds and heals the system. There is no other process of healing but the action of the blood. See how a bone is knit

together ; and where arteries have been cut in two, and each end tied, a pipe is formed round to each end and the artery is connected again. See the work of water, as water is the principal part of the blood, and carries all material all over the body.

To cure consumption, the patient has to quit eating grease, fat, sugar, molasses, white flour in all forms, and all the products made out of all such stuff. Some say "What will I eat?" I say a hundred things—grains, vegetables, fruits, lean beef, game, eggs, etc.

The condition of the lungs loaded with this corrupt mass is very like this: Take two potatoes, one rotten, one sound, cut them in two ; take half of the rotten one, fit it to half of the sound one, and place them in a warm room where the temperature is near the heat of blood, and see how quickly the sound one rots. Keep the other half of the sound one in the same room and notice the difference. See how long it keeps good. See how scrofula commences. First a red spot, then yellow water or corruption is seen, the skin begins to rot or decay, and soon there is a cavity or hole in the flesh. Now, whatever will rot the skin or flesh of the hand, arm or body, will rot the lungs, and much faster, as the lungs are much more delicate. Then, again, notice when you feel first a cold coming on. Hot water runs from the nose. It is corruption, or rotten stuff. In two or three hours or so, the nose is sore, all the skin is off, the sore raw like a piece of raw flesh, and you feel at the same time, or later, the lungs filling up and the same kind of material is being carried to them. In a short time the lungs are sore, the skin all rotted off, and if this operation continues for twenty or thirty days, the person has consumption. As I have before said, if the person keeps eating fats, grease, and the like, the corruption keeps flowing or is carried to the lungs, head, and other parts. Catarrh of the head is consuming, or in other words, is consump-

tion caused by corruption. This is caused by letting the skin become dead and dry. With the pores closed, the skin is like an old piece of dry, hard leather, and eating grease or fats in any form except natural growth, causes it. Scrofula is only rotten matter escaping out of the system, and wherever that material escapes it will make that part sore and raw, whether it be the lungs, liver, kidneys, throat, head, bowels, rectum, colon, stomach, body, limbs, or eyes; wherever this material is carried by the blood, it makes a sore, except it be cast off through the pores of the skin, the natural way. See how many people are afflicted with consumption, scrofula, catarrh of the head and sore throat.

Concentrated food, such as butter, lard, sugar, white flour in bread, cakes, pies, and many other forms, dissolves and passes off into the circulation of the blood, leaving no waste for the bowels. It takes so long for enough of material to accumulate in this way, that the moisture is all absorbed by the rectum, leaving the residue to become hard and dry. Then the passage from the rectum is hard and dry, and painful, causing blood to flow (producing piles.) Now, every thing that was made by the Creator was made for a purpose, so the bran of wheat was made for a purpose. As I have had plenty of experience, I can solve the problem of the old greasy way of feeding and making heat. I was at one time always full of fever and heat, was costive, and would go four to six days without a passage, and when I had one it required twenty to thirty minutes, with severe pains, at the same time passing blood, and piles followed. Now, with the Graham flour, the whole grain of wheat ground and made into bread or mush, I am free from all costiveness, pain, piles and blood passages. My passages are free and easy and once or twice a day, with no sign of piles.

Piles are produced by two causes, inflammation from the grease, sugar, pastry, and white flour eaten

in different forms, and from friction from the hard, dry passages. Lying in the rectum so long and becoming dry and hard, they act like a rough file, and tear the fine, soft membranes of the rectum, and this causes inflammation of the parts, producing swelling or enlargement; so the next passage is worse than the first and the third worse still, and every time it grows worse and worse until you have to call in a doctor. The remedy is easy. I suffered for years and never got a bit of relief from doctors, but got it in an easy way. Never take a drug unless you want to die. What makes a well man sick will kill a sick man, for the sick man is half dead and the drug will kill the other half—take my word for it.

To enforce the views I have advanced in regard to consumption, I will add the following: One man who had consumption says that in one year he knows he coughed up and spit out one-half a barrel of rotten matter. This had to come from other sources than merely the decay of the lungs. I can safely say in such cases, that about all the waste or broken-down tissue is carried to the lungs and disposed of there, decaying the lungs in the process. To illustrate this decaying operation, I call your attention to where you fracture or break the skin on the hand or foot or body. Many times yellow matter will ooze out, decaying the skin or flesh until it makes a hole or cavity. In scrofula first there is a red spot, then yellow matter, and the skin and flesh decays, or is melted, leaving a cavity. In cancers this matter flows there and rots the skin and flesh in the same way, only more rapidly. I will give \$1,000 to any one to show me cancer roots that eat flesh. The fact is, the human structure is full of decayed matter and it oozes out and rots the skin and flesh. Look at running sores how the flesh is rotted. This holds good in many diseases, and is the entire cause of consumption. Stop the cause and then the blood will heal the wound, as all the healing is done by the

blood. (See the "True Art of Healing," and see "Smallpox," in Nos. one and two, that destroy all the old hobbies of parasites, malaria and poison.)

ROTTEN MATTER.—Where does it come from; what is it; what is it made of; is it made out of nothing; does it just happen to be? "No," I answer to all these suggestions. There is nothing without a cause; nothing without a substance or substances. If the smallpox did not cast off vast amounts of decayed matter, and leave the body clean and clear of all such stuff, then the case might be turned against me; but here I nail the doctors fast. Smallpox cures any and all diseases. Where one has smallpox and gets well of it, they are well at the same time of any disease or diseases, no matter how many there may be or what they were. Once cured of smallpox no trace or symptom or indication of any other disease can be discovered at that time or for several weeks, and many times never. Don't understand me to say the person would not have the same disease any more; I do not say that, as what caused it first will cause it again. Whenever one fills up with the unwholesome food I have mentioned and condemned, look out, for something will develop itself, some disease will show itself somewhere. You can not violate all natural laws without suffering for it; something will overtake you. The Creator provided plenty for all your needs without changing one thing from its natural growth. There are a hundred things to eat. But still you can be easily cured by my process, if you eat all the preparations of man. (See Cures for Diseases.)

CURE FOR CONSUMPTION.—The pores of the skin are closed; put cayenne pepper, the fourth of an ounce, in a bath; have water, not hot, but just pleasant; bathe twenty minutes in a warm room; warm a sheet and rub the patient dry; take the same preparation of oil and cayenne pepper, as named in cure of smallpox, rub the whole human

structure once each day until it is warm or hot, and the hotter the better; wash every other day with water and a little soap; do not use hot water, but heated only till it is pleasant; rub the skin hard, make it red, and open the pores. If you can't get oil and pepper, take one quart of vinegar and half a teacup of ground mustard; boil them ten minutes; rub the whole body, from the soles of the feet to the head, with the mixture, once a day for ten or fifteen days; keep warm; eat perfect food—lean beef, grain, Graham bread, oatmeal bread, or fruits—not sour fruits—and watery vegetables, and eaten raw is best, as they contain all the elements for food; keep feet dry and warm, only when bathing. (See Perfect Food.)

BROKEN-DOWN TISSUE.

Broken-down tissue is material that has been used in the construction of the human system, and has to be moved to make a place for new material from what you eat. What you eat is to rebuild or replace the material after it has remained so many days in the construction of flesh, bone, brain, and all the organs. When this broken-down tissue or material is moved by the blood, or water, it should be carried out through the skin, lungs and urine. This process is going on every minute, in every part of the body, through seven millions of pores or holes, from the flesh, lungs, liver, kidneys, and all parts. If this material is retained in the body it must cause great trouble. Many people, not being familiar with this fact, neglect their bodies for weeks, or months, or years, and some for a life-time, and die in their filth.

Many never bathe, and the pores, or holes, in the skin become closed up. This material is retained in the system, and it putrifies and rots the flesh. To explain this so the unscientific reader can see it and feel it sensibly, say, take a man in the month of October, when it is frosty of nights, take him out of doors, strip him nude, set him down, let the cold air come in contact with his skin, and in a few minutes he is sneezing, and in one or two hours thereafter his nose is sore, the lining skin is melted off or decayed, and very hot, and at the same time he is fevered all over. Let him remain out of doors thirty-five or forty minutes, and his lungs and head become full of broken-down tissue, and very sore, and full of heat. This is fuel that is carried back by the blood, or water, for water does all the work internally in the human structure in moving all the atoms, particles, or molecules.

When this broken-down tissue is retained in the body it must cause trouble. In typhoid fever it commences with a bad cold, the pores or holes of the skin are closed, and all the waste or broken-down tissue is carried back into the system, making the nose sore, filling the lungs full, making the lungs sore and hot, filling the head full, making the head ache, inflaming the brain, making it sore and hot, (see *Insanity*) filling the flesh full of broken-down tissue, and all the organs, making all sore and full of pain and fever-heat. Fever is common heat made by a combination such substances, and without such substance or substances there would be no heat, and without them there would be no decay of flesh, as the sound flesh would not decay without a cause. When this broken-down tissue or rotten matter settles in any part, it rots, decays or melts the skin, membranes, and flesh freely.

By applying cold air to the skin it closes the pores or holes of the skin about the same way as painting a piece of muslin when water will not pass through it.

So when the cold air comes in contact with the skin it contracts and the pores or holes close, and the broken-down tissue can't get through the skin: the blood is going to move it somewhere, and it floats, carries, or takes it back to all parts of the body and organs, filling them up daily, until some acute or chronic disease will develop itself and show up in full. It may be a fever of some type, or chills and fever, or it may be a chronic disease, for all such commence in this way. Where there is so much grease, fats, sugar and molasses used, broken-down tissue and rotten matter spread all through the system. The broken-down tissue can be classed as rotten matter, but corruption is made in the system by eating too much fats, grease and the like, for in contagion or contagious diseases there is cast out of the body large quantities of rotten matter, as in smallpox, yellow fever, and many other diseases.

Broken-down tissue retained in the body will cause cancer, sore-eyes, piles, kidney affections, consumption, rheumatism, dropsy, and all such diseases. See description of each disease, study its causes, and by so doing you can form a definite conclusion as to what it takes to remove the broken-down tissue and corruption out of the body. First in the process, the skin must be made soft or moist and hot,—the hotter the better—and to move all material out of the body that causes trouble, you must take into the system a bountiful supply of water, as water moves every atom of material that is moved in the human structure. (See Cures for All Diseases.)

Rotten matter and broken-down tissue I now place in two different classes. One is made from the excess of fats, butter, grease of all kinds, sugar, molasses, candies, and all such stuff. They become putrified in the system, and when rotting become a source of disease, and are the essence of all contagious diseases, such as smallpox, yellow fever,

measles, chicken-pox, mumps, whooping-cough, cholera, and many of the chronic diseases. (See Smallpox.) This, I class as rotten or putrified matter. Every grain of all the material named above must become putrified and rot in the system, and it must cause pain.

Broken-down tissue is retained in the body in two or three ways. One is the neglect of bathing, by which way dirt and glue form on the skin and close the pores or holes of the skin, and there are seven millions of these. Another way of retaining this broken-down tissue is to bring or let cold air come in contact with the skin and closes the pores. This fastens the doors, it may be said, on the broken-down tissue in the system and keeps it there.

How is it that a drug can move out of the body any broken-down tissue, or build up any new tissue? It is easy to see the fallacy of the pretensions of a drug or "blood-purifier." As the blood is mostly water, and the blood moves all substances through the body, and carries all substances out of the body that go through the skin, or urine, or any excrement, what is it that builds up tissue? Perfect food, the Creator's naturally proportioned weight, will build up the tissue of the body, with the aid of water, the great medium by which all substances are moved all through the body. I take the ground that not one atom or molecule of material is moved out of the body through the skin or urine except by water. Blood is water with the atoms or molecules of food floating in it the same as when you put a spoonful of sugar in a glass of warm water, or as the lime in hard water. To look at the water you can't see it, but boil the water and you see the lime left in the tea-kettle. Take sugar-water from a tree: You can't see the sweet particles in the water, but boil it and you get the sugar, as I have done in boiling many a barrel, and helping to make many a pound of sugar. Now, could you get the sugar out of the

tree without the water brought it out? No! It is the water brings it out.

So with water in the human system—it carries all the broken-down tissue out of the body, or all except what the lungs and urine throw off. When the skin is all right, kept healthy, warm and soft, and the pores open, this broken-down tissue is cast off through the skin and urine, but mostly through the skin. Let the skin get dead, the pores closed all of a sudden by a cold current of air stopping the flow of this broken-down tissue, then the water or blood carries it back to the lungs, head, kidneys, bones and muscles, and then you say you have a cold. It is not so; it is a fever. The tissue causes combustion, heat, fever, hot inside with cold feet and hands. The lungs are full of decaying matter, head, body, bones, flesh and all the organs. You observe the nose when the cold first sets in. See how the hot water will run out; it is rotten matter and takes the skin off. See how sore the nose gets in four or six hours; it is hot, and burns, and smart. Whatever will make your nose sore will make your lungs, kidneys, bones and flesh sore, and what will make your nose hot will make your lungs and all other parts hot.

Let this run a few days and the outer extremities become cold, the pores closed, and all the broken-down tissue remains in the body and decays, causing combustion or heat. You will have fever of some kind, or rheumatism, consumption, or some kind of disease. Typhoid fever is brought on in this way, as well as lung fever. When one is full of decayed matter like that which smallpox casts out of the body, let the skin get dead or cold and the pores closed, and it won't take long for some disease to show itself. It is impossible for anything to cleanse the system but water and air. There are no other purifiers than these. Air enters the circulation and contains many of the elements of "space," oxygen, hydrogen,

carbon, nitrogen, phosphorus, etc. He who gives drugs to a sick man that would make a well man sick, must be very ignorant of the needs of the body.

I recollect that in my boyhood days doctors would not allow my father to drink water, for fear it would kill him, when he had a high fever. If a fire would break out and some foolish people would crowd around and not allow water to be used, would not sensible people think it terrible? But it would not be half so terrible as it was for doctors to keep water away from patients who were burning up with fever. Now, fever is only heat caused by combustion of materials in the body, and water is the thing to extinguish heat with and carry all the combustible or heating substances out.

When tissue is broken down it is not disposed of or gotten out of the body at once. Then it commences to putrify or rot, and the blood or water carries it back to all parts of the body, as I have before remarked. This broken-down tissue rots sound tissue. To demonstrate this take a rotten potato or apple and a sound one; cut them in two; take half of the sound one and half of the rotten one, and place them together, the cut parts fitting them close; place them in a warm room of the same temperature as the blood, and see how quick the sound one rots. Keep the other sound half in the same room, so it don't touch the rotten one, and see how long it will keep sound. When a cold commences, as I have said, see how the hot water runs from your nose; see how soon it is sore; see how soon the lining skin rots off. What rots the skin in the nose will rot the lungs, head, kidneys, liver, flesh and bones. This is what causes pain.

The corruption settles all over the body in typhoid fever, organs and all; in lung fever the greatest part goes to the lungs; in rheumatism to the bones and muscles; and in all manner of chronic diseases it settles in different parts. (See Smallpox to deter-

mine the amount there is in the body more than there ought to be.) When the pores are closed this accumulates in large quantities, more than smallpox would cast off. Imagine how fast a man or a woman rots down with this mass of broken-down tissue. It rots them down immediately in fevers; it rots the lungs in consumption; in piles it rots the rectum; in sore-throat it rots the throat; in kidney affection it rots the kidneys; in fact, in all manner of diseases it is rotten matter that is at work. (See Smallpox for description to show it in full.)

To get this decaying matter out of the system or body is easy if the process be understood. I first learned much I know at Memphis, Tenn., and Vicksburg, Miss., in 1878, by investigating the way yellow fever was cured. It was cured by getting rid of the decayed matter of the body. That was done in many ways, but all amounted to about the same thing, that is, to open the pores, keep the outer extremities very hot and soft, give ice in large quantities—eighteen or twenty glassfuls in one and one-half to two hours—or hot tea in large quantities, and sweat quickly and freely, make it pour out; and when patients were sweating the rotten matter came out in large quantities, as in every case the attendants testify. The smell was so bad that it was like there was a dead animal in the room, half decaying. They had to open doors and windows to let this corruption out.

I investigated two weeks in Memphis, and many times in Vicksburg a week at a time. Capt. Guning, at Vicksburg, cured more people there of yellow fever than any other man I have known ever since 1870. I am acquainted with him and his family, and I have heard him talk and tell how he cured patients in a number of cases, and how he learned how to treat yellow fever. It was accidental. He had yellow fever a number of years before, and was very bad, and the doctors would not let him have

water. He was likely to die, and he was burning up, and he said, too, he would be willing to die if he could get all the water he could drink.

At breakfast all the white people went out to breakfast. A mulatto girl brought in a pitcher of water and set it on a chair and went out. Capt. Guning crawled out of his bed to the chair, drank about half of the water, laid down on the floor, and remained there three or four minutes, crawled up and drank until the pitcher slipped and rolled off the chair and broke. The noise caused the white folks to come running in. They picked him up, and put him in bed, frightened and trembling with terror, (water was such a terrible thing to kill people) watched over him, expecting every minute to see him breathe his last. But water was not such a kill-all as they feared. He says he felt easier in ten minutes, and in ten or fifteen minutes he felt a stinging sensation in his fingers and toes like they had been "asleep," only the sensation was much stronger, and it kept growing greater like a thousand needles piercing his fingers and toes. That was the blood starting to flow, and he says he commenced to get hotter and hotter; his limbs burned with heat; then he began to sweat and sweat freely; he said it poured off of him for about one hour, and the smell in the room was like there was a dead carcass there. Now think of the millions of molecules or atoms that water moved out of that body. He testifies to the same in all his statements. He recovered immediately, and cured others that same year. In his doctoring he found that when the patients sweated the room was full of material sickening to the sense of smell; that is, rotten matter.

Now, in all his practice he never gave one grain of drugs or medicine, unless it was to use some herb to cause an action of the bowels, and not then if it could be done with a syringe and hot water. Now, see the broken-down tissue or rotten matter. When

you can smell anything, the molecules or atoms float in the air or open space. The sense of smell is like the sense of taste, and when there are many molecules or atoms in the air offensive to smell, you feel the sensation quickly. Some things affect the sense so much as to cause people to vomit and produce a sense of sickness. This is similar to the broken-down tissue in the body. It makes people sick in divers ways.

Now for a reform. Why not live for health? If you keep the skin healthy, the pores open, eat perfect, wholesome food, sleep eight or ten hours at the right time of the night, say from eight or nine o'clock until five or six o'clock in the morning; dress loose and warm; keep the feet warm; have clothes with all the weight on the shoulders, except arms and stockings, and they ought to be made fast to the clothing; take plenty of exercise in the open air; have healthy houses, plenty of sunlight in every room, plenty of pure air, open fire-places, and you will infallibly keep well.

Thousands of people are dying for want of these things. He who can not quit the fashions of heathens and barbarians, and their habits and customs, let him drive on and commit suicide, the sooner the better. But halt! reasonable and rational man, and give this one thought. I have tried every way. I have gone through the fire for thirty-five years, and in the last fifteen years I have learned a lesson, and now I feel grateful for it. I can live easy and I can live hard, but I prefer the easy way.

"How is that?" says one. I will tell you. I can live on one-half the expense now since I quit using lard, butter, sugar, molasses, tobacco, cigars, beer, etc. "How can you stand it to work?" Come and see my neighbors, ask them and they will tell you, "If you keep up with that fellow he will keep you hot." "How so?" "Why he never takes time to drink a glass of water. He goes many times from

morning till noon without a drink, and there is where he gets you all. He sweats but very little (like powerful animals), and never tires." Now, I can tell the reason why I can go without water. I don't eat salt, grease, sugar or molasses to burn me up, and I don't need water. Before I quit all this I drank water in large quantities, and the cold water stopped digestion, and that weakened me. As soon as digestion stops, the material that feeds the muscles stops flowing, the broken-down tissue goes back and the muscles grow weak. That is one reason why I can keep them red-hot; and another reason is, my food is for the body and theirs is for the taste. See the horse; he eats perfect food. You do not feed him, or any other animal, grease. Now, look at a fat hog; take him out on a race-track, run him, and see if it does n't make him red-hot, the same as your grease-eating men. Take a deer that lives on nature's simplest food. See how he can run, and leap twenty-five or thirty feet at one leap. I have seen many a one in my boyhood days in Indiana, and plenty of them in Arkansas, Tennessee, Mississippi, Louisiana and Texas, and many other States, and know what they can do.

There are plenty of ways for people to kill themselves. They eat large quantities of fats, grease, salt, sugar, molasses, and many other kinds of stuff that is not food. They have a large quantity of broken-down tissue in their bodies. I feel that there is a large quantity of what people eat that is never made into tissue, but only rots or putrifies in the blood. For one who eats grossly of the above named stuff, and takes smallpox, there is a large quantity of decayed matter cast out of the body; and one who diets himself or herself will not have smallpox, or have it lightly. Say they diet themselves thirty days, and they will not have it at all. I can take a person and pit them, or extract all the material in six or eight hours, so smallpox or yellow fever would

not hurt them, if they only abstain from gross living thereafter.

It has been discovered that a man or woman can diet themselves for yellow fever the same as for smallpox. One man at Memphis, Tenn., in 1878, a pilot of the steamer "Kate Hooper," told me he dieted himself twelve days on fruit and grain, such as brown-bread, oat-meal, and the like, and when he took the yellow fever it did not hurt him. He never even went to bed with it. His family dieted themselves, and not one of them had yellow fever, although he was with them every day when he had it. Two other families dieted themselves, and not one of them had yellow fever that same year, (in 1878), in Memphis, Tenn. The stuff yellow fever casts off the system is of the same kind as that which smallpox casts out; rotten matter, formed grease, fats, salt, sugar, molasses, liquor, beer, and all the broken-down tissue that has accumulated in the body by not keeping the skin clean and healthy, and the pores open by exercise, breathing pure air, living in the sunshine instead of dark houses, etc. I could write a whole volume on this subject, but what I have said will make the subject plain to all intelligent readers.

BAD COLD.

A cold may commence from several causes. One is when cold air or a current of air comes in contact with the skin and closes the pores or holes of the skin. As there are seven millions of these, when any part of them becomes closed, the broken-down tissue is carried back to the central parts and organs

of the body. Another way is when the stomach, liver, and lungs become inflamed, and the blood is contracted or called to aid and assist these organs. Then the pores close. As the limbs get cold, pores close up and the broken-down tissue is carried back to the head, lungs, and all parts of the human structure.

Take a man out of doors in March, when the weather is cool and the nights frosty; strip him, set him down and let him sit for thirty or forty minutes with cold air coming in contact with the skin. This cold air closes the pores of the skin about as completely as you close the little openings in a piece of muslin by painting it. Water will not run through it, but you know how water will run through "raw" muslin. It is full of holes, but the paint stops up all of them. So does the cold air close the pores of the skin. If it is in a healthy condition and pores open, there would be two or three pounds of broken-down tissue cast off daily. Stop this and you soon have a cold, and in eight or ten days fever is liable to show itself. For in all this time the broken-down tissue is accumulating. Fevers of all kinds are brought on in this way. Consumption is commenced in this way. Almost all diseases commence with a cold, and a cold is caused by rotten matter and broken-down tissue kept in the body by closing the pores of the skin. Broken-down tissue thus retained will produce disease of some kind, as it rots. That rotten matter will rot sound tissue wherever it goes, lodges or settles. To cure diseases it becomes necessary to open the pores and keep up a free circulation of the blood. (See Cure for Diseases and Preventives of All Manner of Diseases.)

HOW PEOPLE TAKE COLD.—Most diseases, as already remarked, commence with a severe cold. Fevers and chronic diseases begin the same way. People eat food with so much fuel in it that it irritates the stomach, liver, lungs, heart, kidneys, and all the

organs. To fill the stomach full of food draws the blood to it, leaving the flesh of the limbs to get cold. The skin on the limbs grows cold, the pores close, and then the matter is carried back to the internal organs, the bones, and all over the body. This material begins to rot as soon as it starts back through the body. It inflames the lungs and head, makes the bones and flesh ache. Now turn your attention to the nose. First comes a sneeze, next is hot water—a hot water with rotten matter. Soon the nose gets sore; the matter melts all the inside skin off, leaving it raw and the flesh decaying. Whatever will make your nose sore, or melt all the inside skin off, will melt the skin off of the lungs, and make them sore, and cause consumption.

What will melt the skin off the nose and lungs will melt the skin off the throat, and make the throat sore; and what will make all the organs sore will make the head sore, melt the membranes of the head, and cause catarrh. The same material goes to the rectum and causes piles, or to the bowels and causes flux, or to the stomach and causes dyspepsia. Sour stomach will cause dyspepsia and flux, and it is made by an excess of food that contains large quantities of sugar or acid.

The material that will melt the skin off the nose will settle in the flesh and bones and cause pain in the form of typhoid fever, lung fever, and all manner of fevers, rheumatism, dropsy, diabetes, neuralgia, and many other diseases. Almost all diseases are caused by a stoppage of the pores, which forces the rotten matter to settle somewhere where it does not belong. This causes the disease to show itself. (See Remedy for Diseases.) Anyone having been exposed to smallpox, yellow fever, measles, mumps, cholera, or any other contagious disease, can prepare themselves in ten or twelve hours so as to not fear any one of the number named. Sweat freely, so as to sweat out all the rotten material that smallpox

would cast off, and you may feel safe, if you diet yourself—eat grain, and fruit that has but little acid in it.

To sweat freely, rub the body with cocoanut oil or olive oil or cotton-seed oil (the refined kind), with plenty of cayenne pepper, called “capsicum.” Mix the oil and pepper; to half a pint of oil use two ounces of pepper. All manner of diseases can be cured by a free application of the oil and pepper, sweating freely, and following a strict diet of perfect or wholesome food. You have to get rid of this rotten matter, and to sweat quickly and freely is the best, easiest and safest way. Relief can be had in six or eight hours. Go at it like you meant something, and tear it all out at once.

I could have recorded four or five hundred cases in all, of different diseases which have been cured outside of the medical profession, and in all the cures the processes amounted to the same thing. The patients took something that caused them to sweat freely. Some took ice, some cold water, some cold milk, some cold buttermilk, some snow, some were given hot tea in large quantities, from one and a half to two gallons; some men drank from one to two gallons of cold water after they were given up to die. One boy drank two washpansful of rinsing water in which his mother had rinsed the clothes. While she was hanging out the clothes he crawled out of bed to the kitchen and drank the water. He had scarlet fever and sweated freely, and the room smelt like it had a dead and decaying animal in it. The boy seemed almost well in six or eight hours. He was weak, but gained rapidly thereafter.

CURES FOR DISEASES.

I have investigated many cases where the patient got something that sweated him or her freely, and relief was immediate in all manner of diseases, leaving a smell in the room like a dead carcass. Now, think of it; the millions of rotten atoms of matter in the room, that came from the body of the patient. A few of them make a well person sick. What can drugs do in such cases as these? I have been cured four different times, of different diseases, without drugs or medicines, and every time I was very bad. For erysipelas my treatment was, immerse in hot water for four or five hours, the water kept very hot, just so I could stand it. For flux, ten glassfuls of pulverized ice. For consumption, catarrh of the head, kidney affections, pleurisy and dyspesia, free baths with mustard in them, careful diet, and sweating freely. With typhoid fever, sweat freely, by taking hot water and rubbing hard by two men; cover the chest and stomach with a coffee-sack, four double, and wrung out of hot water, twice each day, left on one hour, with two one-gallon jugs filled with boiling water, one at the feet and one at the back. Fevers of all kinds may be treated in about the same way. Bathe with a tepid bath, in a warm room, warm a sheet and rub dry; place jugs or bottles, filled with boiling water, in the bed before the patient is put in, and when the patient is rubbed dry, rub an ointment of cocoa-nut oil and cayenne pepper all over him, from head to foot; place him in bed, keep jugs or bottles of hot water as close to him as he can bear them; give him ice—pulverized, in large quantities, as soon as ice can be had, and before bathing, is best. If you can't get ice, use hot tea made from a common herb of any kind, or use hot water, but the patient must drink

large quantities of one or the other, say a half pint every five or six minutes, until he drinks a gallon or more. Sweat him freely, keep him covered well, don't let cold air touch him; keep him warm for quite a while; next day wash him with tepid but not hot water, rub dry, put on clean clothes, and change the bed-clothes. This will cure fevers, ague, yellow jaundice, and dropsy, if applied two or three times; scrofula, and all manner of diseases, if applied two to six times, with "perfect" food to eat, plenty of pure air to breathe, and a healthy house, with rooms on the south side, to let the sun shine in. Take up carpets, take down window-blinds, and live in the sunshine. Artificial habits and customs are the cause of many diseases, and more misery than happiness. If you have one inch of happiness, and two of misery, I think the misery outweighs the fun. One man says, to get drunk is one inch of fun, but it is two inches of misery to get sober. When you violate the Maker's laws you have to suffer for it. Sickness catches them all, rich and poor, in all classes, black and white.

MY EXPERIENCE.

L. H. KERSEY.

I was raised on a farm. At the age of nine years I cut my right foot and was taken with erysipelas in it, with inflammation and swelling. Doctors and my parents tried everything known to medical science, but to no purpose. The inflammation continued, and turned black, and my leg, to the knee, swelled to the size of my body. I was unconscious for twenty-four hours. A man told my father to get dry beech

leaves off the trees, as it was the first of April, take ten gallons of creek water, put it in a kettle and put in the beech leaves, boil them, and cool them just so I could bear the heat, and bathe the leg freely, then take a piece of quilt and put a lot of leaves on that, and wrap my leg with it, with the leaves next to leg. Father did as directed, and it gave me immediate relief. He followed the same directions for a few days, when he found the swelling was all gone. I recovered and got entirely well, though my mother died with it, as have many others since then.

I will here give a statement of the case of Allen Coombes, of Lebanon, Boone county, Indiana. He cut his hand, and was taken with erysipelas in the wound. Doctors covered it with iodine, and made it worse by their poison. It commenced to swell, got as large as my thigh, and became very painful, as all the pores were closed and the arm was poisoned with iodine. He came to my store to consult me. I looked at the arm, and made sport of having iodine put on it. He asked me what I could do for it, and I told him I could cure it. He wanted to know how, and I told him I would not tell him unless he would say he would do what I directed. He promised that he would, and I had him to get a bucket that had contained "fine cut" tobacco, on account of its hight—so he could get his whole arm in it—and fill it with hot rain-water, as hot as he could bear it, and keep heating water, dipping it out as it cooled and pouring in hot water, so as to keep up the heat, and keep the arm in it for three hours. At the end of that time the swelling was all gone; his arm, wrist, hand and fingers were smaller than the other one, and he recovered without any more treatment. He says he has stopped felons since with a hot bath, bathing the felon three or four hours.

Reader! A bath in hot water is good for all manner of swelled hands, feet, bruises, and many other injuries. Wheat bran and mustard poultices are a

wonderful relief and remedy for bruises, swellings, mumps, and to put over the lungs when soreness appears. Take one gallon of wheat bran, one tea-cupful of ground mustard, make a stiff mush of them, and put it in a cotton sack and place it on stomach, if it is paining you; or over the lungs, if they are sore; or on the back, if the back is sore; or on any sore part of the feet, legs, arms, hands, or any part of the body; or on the jaws in the case of mumps. It is good for erysipelas, and all pain, or heat and moisture; lets out corruption, and that is the essence of disease, the cause of pain. Pain is produced by the decaying matter rotting the flesh, or lungs, or some of the organs of the body.

In 1859 I lost my health, coughed all summer, and then went south to New Orleans with a man with a drove of eighty-two head of horses. When I left there I went to Texas, where they had almost nothing to eat but corn-bread with bran in it, mixed up with water, bitter coffee, and a little hominy. I thought I would starve the first two weeks, for I ate but little, and that was only what I actually needed. My stomach needed rest. After two weeks I could eat corn-bread, bran, and all, with a relish. The bran proved a great benefit to me, as it kept my bowels open, with free passages every day. When I came home to Indiana, on a large farm where we had plenty of everything, I soon failed in health. Then, when I would go where there was little to eat I would improve. Men usually eat about four times too much food. In 1862 I took the typhoid fever, and the doctors waited on me to no purpose for ten or twelve weeks. I got well, but I felt many times as though I was parched, for my skin was dry and hot. In 1875 I took typhoid fever again and I would not take drugs. I had a man to take me to a hygienic cure, and was treated there without a drug of any kind and was sitting up the seventh day. The treatment was to sponge me with warm water once a day,

rub me hard until my skin was red, then place a jug of hot water to my feet, drink a pint of hot water, wet a three-ply cloth and cover my stomach and breast with it, and put a four-ply cloth, wet with hot water, on my forehead and cover me with three comforts. I would sweat freely and go to sleep, and when I would wake up how good I would feel! I said to myself, if people knew this they would not be humbugged with doctors any more. I improved every day, and the thirteenth day I went home. Now, mind you, the doctors said when I went there I was bound to die, because I would not take drugs; but I have out-lived some of them.

After this I had flux and had it bad. Mrs. Haugh, of Indianapolis, was in Lebanon, Ind., and my wife sent for her to see me. She came, and sent my daughter for ice. When the ice was brought it was crushed and put in a tumbler and brought to me. I feared it, but she said, "Take it, it will help you." I took half a tumbler and waited a few minutes, and I felt so relieved that I begged for more, and I swallowed four glassfuls of that crushed ice. My feet and hands grew warm, and in a short time I was hot outside. My feet and hands were hot and I began to sweat and sweated till everything about me was wet. My wife put three-ply of muslin under me and the sweat ran through all of that. I had been having great pain in my bowels and had passages every fifteen or eighteen minutes, and thirty minutes after taking the ice it all stopped; there was no pain and I had no passage for eight hours, and then it was black and clotted blood. I got well.

F. M. Kersey, my brother, at Lebanon, Ind., was taken with typhoid fever. First a cold, and then headache and backache, cold feet, "pains in the bones," he said, (I say in the flesh,) running six or seven days; chills followed with fever. He was taken down bed-fast and laid three days, and sent for me. I went and found his limbs cold, head hot,

body hot, and in great misery in head, back and limbs. He asked me what he must do. I told him I could not give instructions unless he would comply with them. They were, first, that he had to give me six or seven days; and next, that he was not to send for a doctor until that time expired. He promised to give me the time and chance. I gave instructions which were: A mild emetic to be taken—salt and water; next was mustard and vinegar warmed, with which he was to be sponged all over, rubbed dry with a warm cloth, and next was ten or twelve glassfuls of crushed ice taken internally, with a jug of hot water placed at his feet to get the outer extremities hot with the inside cool. Before, the outside was cold and the inside too hot; I reversed that. I left and went to my business. Next morning I went back, went into the room and found him laughing. What a feeling came over me! How proud I felt! I sat down and in came his wife, and she began to talk and tell how all things went. “We got him put through, covered him up, and in a little while he was hot all over and kept getting hotter and hotter until he complained of burning. And then the sweat commenced to come out, and as soon as it flowed freely he felt easy. The sweat came so freely that I put a comfort under him,” she said, “and the sweat wet the comfort through and through, and it had the worst smell I ever experienced.” “How was his urine?” “As red as lye.” “How were his clothes when you stripped him?” “As yellow as they could be.” He was feeling so well that he could talk and laugh freely, and in a few days was running about recovered in full.

Another case was that of Mrs. Holloway, eight miles north of Lebanon. I happened to be there, and she had lung fever; cold limbs, high fever, headache, backache, dry cough, lungs very sore. Her limbs were so cold when I felt them that the cold chills would run over me. She had been bed-fast

two days. I gave her eight glassfuls of ice, and in two hours her limbs were very hot and the sweat came out of her freely, and she felt easy right away. She slept well that night, and the next morning she got up, came to the fire-place and would cough easily and spit up great chunks of corruption one after another. At breakfast she ate a fair meal, and recovered in a short time. She used ice for a cold after that always.

AFFIDAVITS AND STATEMENTS.

I have procured these from various persons to show how diseases have been cured outside of the drug system, and in many instances where the sufferers were given up to die. They got water, or ice, or milk, or cider, or water-melon, or something similar, and got well. This carries out my principle. Twelve or sixteen pounds of rotten matter, or broken-down tissue, had to be carried out of the body to effect a cure. See, what people testify to! When a patient sweats, the smell is like a rotten animal in the room.

Affidavit of John Adair.

"My name is John Adair. Age 59."

Question. "Are you acquainted with L. H. Kersey?"

Answer. "Yes, sir! I have known him twenty years."

Q. "What is his general reputation as to morals and veracity?"

A. "It is good. I don't think any man could be more truthful than he is."

Q. "Did he ever treat you when hurt, or crippled, and what was the result?"

A. "Yes. I was crippled by a horse, so that I was suffering very severe pain, and he cured me in about two hours."

JOHN ADAIR."

Subscribed and sworn to before me, Chas. P. Kern, a notary public, in and for Boone county, Indiana, this 20th day of March, 1882.

Witness my hand and notarial seal.

CHAS. P. KERN, *Notary Public*.

Mr. John Adair's foot and leg were swollen, very badly inflamed and red, and he could not wear his boot. The remedy I had him to apply was, to bathe the foot and leg in hot water for two hours—water as hot as he could bear it, and I kept it hot all that time. It was laughable to hear him tell what he did next morning, when he waked up. He said he felt no pain, and he worked his foot backward and forward to see if there was any pain, and found none. Then, he said, he expected he would limp, when he got up, but he could not limp. There was no soreness, no swelling; all right. He put on his boot, and came to my store, to work, as usual. I was "running" a large agricultural store at the time, and Mr. John Adair was clerking for me. At this time Mr. Adair is a first-class citizen, a moral, temperate man, of considerable means, married, with a fine family.

Affidavit of F. M. Kersey.

Question. "What is your name and age?"

Answer. "My name is Francis M. Kersey, I live in Lebanon, Ind., and was formerly a farmer and merchant."

Q. "How long have you known L. H. Kersey?"

A. "I have known him for forty-one years."

Q. "What is his moral standing in his county?"

A. "It is as good as could be desired."

Q. "Did you ever have typhoid fever?"

A. "Yes, I did."

Q. "What were the symptoms?"

A. "I was taken with a bad cold, had night-sweats, cold feet and cold hands and limbs, pains in my back, head, and limbs generally, and high inward fever and a numb, dull feeling."

Q. "How long had you this feeling before you were taken bed-fast?"

A. "Six or eight days."

Q. "How many days were you bed-fast before you sent for L. H. Kersey?"

A. "Two or three days."

Q. "What was your condition when he came to see you?"

A. "The symptoms were the same as before, only growing worse all the time, and I gradually became weaker, with a high fever."

Q. "Did he prescribe for you?"

A. "He did."

Q. "Did you follow his instructions?"

A. "I did."

Q. "What were the results?"

A. "In a short time I got hot all over, very hot, fairly burned, then the sweat came and I sweated freely; pains all left me, and in a few days I was up and mended rapidly and got well."

FRANCIS M. KERSEY."

Subscribed and sworn to before me, Chas. P. Kern, a notary public, in and for Boone county, Indiana, this, the 20th day of March, 1882.

Witness my hand and seal.

CHAS. P. KERN, *Notary Public*.

My remedy in this case was a mild emetic of salt and hot water, which threw up plenty of bile off his stomach; then ground mustard and vinegar—one quart of vinegar and half a tea-cup of ground mustard, the mustard boiled in the vinegar for ten minutes—bathed him and rubbed it all over him to get the pores open and the skin hot; then I gave him ten glassfuls of crushed ice internally to drive the heat to the surface and cool him inside. It shows how the cold will drive the blood to the center if you apply cold to the outer extremities. I had a

jug filled with boiling water and put to the feet to keep them hot.

Affidavit of Jeannette Holloway.

Question. "What is your name, and age?"

Answer. "My name is Jeannette Holloway, aged 72."

Q. "How long have you known L. H. Kersey?"

A. "About ten years."

Q. "What are his moral standing and habits?"

A. "They are good, as far as I know."

Q. "Were you taken sick with something like the lung fever?"

A. "I was taken with a bad cold and fever."

Q. "What were your symptoms?"

A. "My lungs were badly stopped up, had high fever, body was very hot, and my hands and feet were cold, terrible pains in my head, and left side, a dry hacking cough, with very severe pain in the left side. When I coughed I had terrible pain in my left lung, my bones pained me and my limbs were cold."

Q. "Did L. H. Kersey prescribe for you?"

A. "Yes, he did!"

Q. "Did you follow his prescription?"

A. "I did."

Q. "Did you get immediate relief?"

A. "I did."

Q. "In what way?"

A. "Pains left my head, lungs, and limbs; my limbs, feet, and hands got hot, I sweated freely, and went to sleep inside of three hours; I felt easy, and rested well all night, got up next morning, dressed myself, went to the fire, and coughed, spitting up large quantities of material from my lungs, ate my breakfast, and improved very rapidly, and was soon well."

JEANNETTE HOLLOWAY."

Subscribed and sworn to before me, Chas. P. Kern, a notary public, in and for Boone county, this 20th day of March, 1882.

Witness my hand and notarial seal.

CHAS. P. KERN, *Notary Public.*

This lady had taken a cold, and it had run for six or seven days; then she had taken to her bed, and had

been bed-fast two days. Her limbs were very cold, body very hot. She complained very much of pains in her head, lungs and limbs. She had a dry, hacking cough, but could not cough up any material, and, when she coughed she complained very much of the terrible pain in her left side. For a cure, I had her to take eight or ten glassfuls of pulverized ice. In less than two hours her limbs, feet and hands were very hot, and she wanted to put them out from under the covers, but I would not let her, for what I wanted was to get her hot outside and cooled off inside. She sweated freely, and next morning she coughed up about a teacupful of matter.

Statement of Allen F. Coombs.

"I was binding oats and cut my hand with an oat straw; took erysipelas in the hand and arm; had it for eight days. I went to Doctor Porter, and he said I had erysipelas. He gave me a prescription, which I took to the drug-store, and they gave me a vial of iodine. I rubbed it on my hand and arm. My arm was very painful, and swollen to twice its right size. The night before L. H. Kersey treated my arm, I did not sleep one hour all night with it, it pained me so badly, and, after two o'clock in the night, I walked the floor until morning. I went to town, and went to L. H. Kersey's store. He examined my arm, and told me what to do for it. I did what he told me, and in one hour there was no pain, and in three hours, the arm, hand, and fingers were smaller than the others. It cured it in full.

ALLEN F. COOMBS."

My remedy was a hot water bath, in a tubful, as hot as he could stand it, the temperature kept up all the time to the same point. I have cured a number, in the same way, of swellings, bruises, proud flesh, strains, and all forms of swollen limbs.

Statement of Lurana Kersey, Lebanon, Ind., Dec. 6, 1887.

She tells of an instance in Kentucky, of a man who had typhoid fever, and had been confined to his bed thirteen or fourteen days. He was very bad, limbs cold, legs cold to his knees, arms cold to his elbows. The doctor gave him up to die, and told his family and attendants to give him whatever he wanted. He craved water, and they went to a spring and got it, and he drank and kept drinking it, in large quantities, till he had taken a bucketful, or more. He began to get hot externally, and kept getting hotter, until he said he was burning up, and then the sweat began to pour off of him in large quantities, with the miserable smell like there was a dead animal in the room. They had to open the doors and windows to let out the foul odor. Now, think of this mass of corruption, which caused all the trouble, cast out of him by water, while the drugs had never moved one atom; only filled him fuller of it. You see what he needed was water, and he drank plenty of it thereafter, and he got well.

In another case, two sisters died with typhoid fever, and the third was taken with it. It ran fourteen or sixteen days, and the doctor gave her up to die. A mulatto girl waited on her, and she begged for a quart of butter-milk, with ice in it. At last the mulatto girl consented to bring it to her, if the white girl would promise to never tell it. The mulatto girl went to the ice-house, or "spring-house," got a piece of ice, and a quart of butter-milk, put the ice in the milk, and took it to the white girl, and she drank all of it. At first she took about one-half of it, and the mulatto girl hid it, and in about ten minutes, she drank the other half, and in a short time began to sweat, and the mulatto girl thought it was the death-sweat. The white girl went to sleep, and slept about a half an hour, and

when she was waked up by her mother, she was feeling better, and mended every day, until she entirely recovered. When they took off her underclothes they say they were as yellow as saffron, and that the material was hard to wash out, and never was entirely washed out.

Danville, Ills., January, 1878.

I was selling my pamphlets and maps in this place, and I went into a house, sold the lady a pamphlet, sat down and talked to her awhile, and she told me how she had treated her children for measles the winter before. Her oldest daughter took the measles, and she gave her ice. One of the neighbor women came in, and was horror-stricken to see her feed or give the child ice for measles, and begged her to quit. But "no quit," said the lady. She gave her a large quantity that evening, and she said that the other lady came in frequently, to see how the child was, and found her easy, and next morning she was broken out in full-bloom, and the child was up in a few days, and at school again. The mother treated all the rest of her children the same way, with good results, and treated many in the neighborhood, with the same results. The lady that called in, and objected to her giving the ice, had her to administer to her children, when they took the measles, for fear she, herself, might make a mistake.

Another Statement.

"My father was taken with yellow fever at Baton Rouge, La., and the doctors would not let him have water. He got very bad, craved water very much, and one night the nurse went to sleep, and he crawled to the kitchen and says he drank half a bucket of water, crawled back to bed and sweated freely and recovered. He felt much better as soon as he began sweating; drank all the water he wanted, and after he sweat he improved and got well.

EZRA KNIGHT."

James Ackley's Statement. Laingsburg, Mich., Sept. 30, 1888.

"My father, Daniel Ackley, had measles, and the doctors would not allow him any water. He laid two days with no sign of measles. A young man sat up with him. Late in the night the young man went to sleep. There was a barrel of cider in the room, and father crawled out of bed, to the cider-barrel, drank a half gallon of cider, crawled back to bed, and sweat freely. Next morning the measles were out in full, and the smell was intense. He recovered in a few days.

"I had one son to take typhoid fever. The doctor gave him one pint of whisky each day, and he died. My other son took the fever. I called in the doctor, and he ordered whisky—one pint each day. I resolved he should not give him whisky, and forbade it. So I went to sweating him, and he recovered in a short time without drugs. I have no use for doctors.

JAMES ACKLEY."

Testimony of John P. Taylor and V. E. Taylor, Grand Gulf, Miss.

CONSUMPTION.

Question. "How long had your wife been ailing when I came there."

Answer. "About three months."

Q. "Give her condition, and who doctored her, before I was called in."

A. "Dr. Wharton, of Port Gibson, was our physician; he gave her up; said it was only a matter of time, she could not last more than ten days, that she had consumption, and was in the last stages. She had several hemorrhages from the lungs; I can not remember how many. When you first came there she was very low; as low as could be; could not hear her speak across the room."

Q. "Now, I want a statement of what you used, and what you did, under the directions I gave you."

A. "Well, the first thing, after throwing aside the medicine, which was cod-liver oil and brandy,—the principal remedies on hand, at the time—mustard was used externally, and water, cold water, and ice. Mustard was used first, then cold water, and, then, dieting."

My treatment was this: I recommended mustard, both mustard and wheat bran, made into mush, so

it would not drip any water out of it; not strong enough to blister, but enough to make the skin scarlet-red. After it was made into a mush, it was put in a sack, and placed over the chest. It was kept on three or four hours. The diet was Graham bread, oat-meal porridge, dry stewed peaches, lean meats, game, and beef broiled without salt, grease, or butter. She commenced to improve, and improved rapidly. In ten weeks she was able to be up and about; in fifteen weeks she was about well, and has had reasonably good health ever since.

Testimony of Mrs. Julia Long, Vicksburg, Miss.

BILIOUS FEVER.

Question. "What kind of fever did you have?"

Answer. "Bilious fever."

Q. "Who was your physician?"

A. "Dr. T. T. Beall."

Q. "Please give a statement of your case."

A. "I was sick about a week or ten days. I was very thirsty, but they would not let me have any water. My husband had been sitting up with me every night, with instructions from the doctor to watch me and to give me a little water now and then. Finally, when he saw I was so determined to get water, he locked the door and put the key in his pocket, and laid down and went to sleep. When I saw that he was asleep, I got up and took the key out of his pocket, and went out to the well and drank bountifully."

Q. "What amount of water did you drink?"

A. "Well, I don't know; just as much as I could drink, and felt better, too. I perspired freely, went off to sleep, and got better from that moment."

Q. "Did you drink water freely after that?"

A. "No, I did not care for it. My fever subsided, and I had no more thirst after that."

(Mr. Long, husband of Mrs. Long, says her statement is correct in every respect.)

Testimony of Mrs. Julia Long.

YELLOW FEVER.

"This was a case of a colored girl who worked for me. She had yellow fever. The doctor would not allow her to have any water. There was a bowl of ice-water in the room by the bedside, and she took the cloth from her head and dipped it into the bowl. She then sucked the water out of the cloth until she got as much as she wanted. She recovered."

Testimony of G. W. Long.

YELLOW FEVER.

"I knew a gentleman whose family, and himself, were all sick with the fever. They all died, except the man, and he was very low. He was given up to die, and had a nurse watching him. She made a large pitcher of ice-water, but gave it to him in small quantities only, upon instructions from the doctor. He was very thirsty, and finally "played off" asleep. The nurse, thinking he was asleep, went to sleep, also. He got up, and drank the pitcher of ice-water, and began to improve from that time. He perspired very freely, the fever went off immediately, and he commenced to improve, and got well."

Testimony of J. L. Taylor, Baton Rouge, La.

CHRONIC DIARRHŒA.

"I had a child, one year of age, who had chronic diarrhœa. Had a doctor from Baton Rouge, who attended it for six months. This doctor would not allow the child to have but very little water. One day the child crawled out of doors, to a chicken-trough, and drank all the water it contained. We sent for the doctor, and when he came, I insisted on knowing what was the matter with the child, but he did not give any satisfactory answer. My father was a doctor, so I sent for him; had both doctors the same day. They held a consultation, and both admitted they could not help the child. After that, both of us being worn out with nursing, I sent for an old lady, living about eight or ten miles off. She came, and when she found out what was the matter with the child, she told us she could cure it. She took a prickly-pear, and split it open, and put it

into a pitcher of water. Knowing the child had not been given any water, she gave it freely of the water, and it was not long before it almost drank the entire contents of the pitcher. She continued to give it water freely, and the child perspired freely, and commenced to mend, and in ten days improved very much. In a short while it was entirely well."

Testimony of James L. Taylor. Baton Rouge, La.

YELLOW FEVER.

"I knew a fisherman who had yellow fever, and the doctor at Baton Rouge had given him up, but would not allow him to drink any water. The waiter carried a bucket of water into the room; he drank a good part of it, perspired freely, and commenced recovering. He finally recovered entirely, without any other treatment."

Testimony of John Smith.

SCARLET FEVER.

"The patient was a doctor's child. He had several children sick with scarlet fever. Five children were sick at one time. He attended them himself, but also had other doctors. Four of the children died, and the fifth was very ill, when an old lady in the neighborhood, without the knowledge of the doctors, gave the child as much water as it wanted. It commenced to improve at once, and was the only one out of the five which lived, and it got entirely well."

Statement of John Long, Cairo, Ills., April 2, 1888.

"My uncle was very low, with typhoid fever in 1856. Doctors gave him up to die. He craved water, and the doctors would not give it to him. He asked his wife to give it to him, and she would not do it. Then he had one of the children to bring a bucketful of water, and set it by the bedside, with a dipper in it, and he drank to his full satisfaction. His wife was crying, to think he would kill himself with water, as the doctors said it would, and his wife thought the doctors knew it all. He drank, and sweated, until the bucket of water was emptied, sweating freely, and feeling better. The doctor came

in, and found the bucket sitting by the bedside, and began to abuse my uncle, but he felt so much better that he abused the doctor, and discharged him, and drank all the water he wanted, and got well without a doctor."

Statement of Capt. Benjamin Howard, St. Louis, Mo., March 27, 1888.

Captain Benjamin Howard is captain of the great steamboat "City of Monroe," in the "Anchor Line." They have about twenty fine steamers.

"My statement is that a man, on the lower Mississippi river, on board of a boat, was taken with the cholera. There was no doctor on board, and the man got very bad. The captain said to the men, 'We must not let that man die without an effort. So I ordered a barrel filled with hot water, as hot as the man could bear, and I put in a half-pint of mustard. I also took a half-pint of hot water, and put in a half teaspoonful of mustard, made him drink the hot water and mustard, put him in the barrel of hot water with the mustard in it, placed a comfort over the top of the barrel, and had jugs, filled with boiling water, put in the bed, to get it warm. I warmed a sheet, and let him stay in the barrel of hot water twenty minutes, took him out, and rubbed him dry, put him in bed, and placed the jugs of hot water around him, and sweated him freely, and he got relief in ten minutes after we put him in the barrel of hot water, and seemed to recover fast. When he sweated the smell was immense; one could hardly bear it; and his clothes were as yellow as a man with the yellow jaundice. He recovered rapidly, and in a few days was up and going about, and got well without a doctor, or a drug. A doctor would have given him calomel, which will kill a well man.'"

Another case is thus related by Captain Howard:

"My brother was struck with paralysis so severely that he had to keep his bed, and the doctors could not do him any good. Having cured a man of cholera on the Mississippi river, I thought the same remedy would not hurt my brother, and

perhaps it would do him good. So I ordered a barrel filled with hot water, and cooled it to a temperature just so he could stand it. I put about one pint of ground mustard in the barrel of hot water, and took a pint of hot water, as hot as he could drink it, and put in it a half-teaspoonful of ground mustard, had him drink the hot water and mustard, and put him in the barrel of hot water and let him remain there twenty minutes, with the barrel covered over with a bed comfort. I had jugs filled with boiling water and placed in the bed to get it warm, took him out of the barrel of hot water, had a sheet warmed and placed it over him, rubbed him dry, put him in bed and placed the jugs of hot water around him, and kept him hot while he sweated freely. The sweat smelled very offensive. It seemed to make everyone almost sick, and his underclothing was very yellow. He got entirely well, soon."

Captain Howard also tells me he has cured yellow fever in the same way that he cured cholera, and other diseases, as appears in his statement of the cure of his brother of a paralytic stroke. He says he uses the same cure for almost all diseases. He is correct, as in all manner of diseases the system is full of corruption, and it has to come out. The true art is to open the pores with heat and moisture, and take plenty of ice-cold water internally, or hot water tea, made from some common herb, or hot water with mustard, ginger, pepper, or some hot substance in it, and sweat freely, keeping the body warm and moist afterwards. Keep a yard of white, woolen flannel, doubled several thicknesses, wet in warm water with mustard in it, place it over the stomach and chest, place a dry one over it, and repeat it every day, keeping it on five or six hours each day,—the longer the better—as it softens the skin, and warms it, and lets out millions of atoms of corruption. As the people live at this date, they are full of corruption. See the mass that smallpox casts out, or causes to be cast out. See how it rots the skin and flesh. Is there any wonder that you

have pains when this stuff rots the flesh? So, now, it is understood by all the professors in our medical colleges, that, no matter what disease a man may be afflicted with, let him take smallpox, and get well of it, and he is well of the other diseases, even the liver complaint, for it casts out all the essence or substance of disease.

You have noticed, in all cases where patients were sweated, how people speak of the bad smell that is in the room. There have to be atoms, or particles, floating in the air before you smell anything. Smell is similar to taste, and when atoms of corrupt matter come in contact with the organs of smell, they are very offensive. Just smell the atoms of a dead carcass, which are only a little worse than the rotten matter from a sick person. You also see that many say, after sweating a sick person, how yellow their under-clothing is. It is a common thing to find their clothing very yellow. Now, it takes material to change their clothes to this color. Keep this in mind, that in all diseases there is the same corruption as in smallpox, and that material must come out; and can you imagine that a little drug (that would kill a well man) will take out ten to fifteen pounds of this rotten matter? "No," I say, "never, but it helps to kill the sick person!" To aid the blood, or the water, to do its work, we must open the pores, keep the skin hot and moist all the time, in all manner of sickness, and generally apply the methods of treatment heretofore described in detail.

J. J. Duffee's Statement.

Mr. J. J. Duffee, a wholesale and retail grocer, and a very prominent citizen of Memphis, Tenn., was interviewed by a reporter, and the following information in regard to the yellow fever epidemic of 1878-79, was obtained. He said:

“I was in Memphis during the yellow-fever of 1878-79. Mr. Frank Blessing was taken with the fever in Raleigh, Tenn., (nine miles from Memphis) and it was an impossibility to get anybody in Raleigh to take him into their house; so, as a last resort, I took my covered grocery wagon, procured a mattress, and put him inside the wagon. When I first took his temperature it was 104 degrees. I gave him a dose of calomel, and, after waiting five hours, gave him the customary dose of castor oil. He was exposed to the air all the time. Thinking that he could not possibly recover, I allowed him to drink all the water he wished. Frequently during the night, and during the day, he would get up, go down to a spring close by, and drink the water continually; he actually poured the water into himself, he was so very hot. In about five days he was convalescent. He perspired very freely after drinking the water, and that was the reason we thought he was going to die.

“During the fever of 1878 the smell was very plainly discernible, and in all cases, very offensive.

“Dr. Wilkes, of Pulaski, Tenn., came to Memphis and was assigned to my district. He had a ‘hobby,’ and that hobby was bi-carbonate of potash. Shortly after he came, my mother was taken with the fever, in Raleigh, Tenn. She was seventy-eight years of age, and being very old, I did not think she could possibly recover. We gave her a dose of calomel, and the customary dose of castor-oil, afterwards; then we gave her all the water she could drink, with bi-carbonate of potash in it, and she drank a great deal of the mixture. She recovered inside of eight days, perspiring very freely, and during the whole time used nothing at all but water and carbonate of potash, the potash mixed in the water. She had the customary smell of that year.

“This bi-carbonate of potash was tried in almost every case Dr. Wilkes came in contact with, and he did not lose a single case that he saw in time—six hours from the time they were taken with the fever. If he saw them in that time, the disease succumbed to his treatment.

“To my knowledge, Dr. Wilkes cured fifteen or twenty, under his treatment, in my district.”

John Johnson's Statement, Memphis, Tenn., January 15, 1888.

“I was president of the Howard Association at Memphis,
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Tenn., in 1878, during the yellow fever. I had yellow fever, was sweated freely, and recovered. I had got up and about, and was called to see a young man who was very low—limbs cold, wrists and ankles cold, with high fever in his body. He was considered past recovery. He asked me for a water-melon. I sent for one, and it was brought—a large one. I cut it in two, and placed one half on a table at the bedside. He ate it all, and laid still for a few minutes and asked for more. I gave him the other half and he ate all of it, laid down, and seemed easy for a while, and then he began to kick and throw his arms about and get the cover off himself. I felt his limbs and they were very hot. We held the covers on him the best we could, as it was hard to do, and the sweat began to flow from his forehead. In a short time it came out all over him, but before it came on his limbs they seemed to burn with heat. As soon as he sweated freely, the heat moderated down to normal temperature. He began to recover when he began to sweat freely, and the smell in the room was very offensive to all who were there. When we stripped him his clothes were very yellow, and never were got clean. We gave him all the water-melon he could eat thereafter, and he got well."

See how the man's life was saved, and how easy to save life if one will study man's system.

Capt. Ad. Storms's Statement, Memphis, Tenn., Jan. 18, 1888.

"I was clerking in a store, in New York City. Another young man clerked in the same store and we roomed together. He was taken with typhoid fever, and the doctor doctored him twelve or fourteen days, and gave him up to die. His limbs were cold, his body hot, and he begged for ice. I swore he should have all the ice he could eat. I went to an ale-house, and had a lady I knew to fill a large bowl, holding about one gallon. I took it to him, and he ate all of it, in less than one hour, and seemed easier. His limbs began to get warm, and he begged for more ice. I went, and had the bowl filled again, and he ate about half of it, and his limbs got very hot, and soon the sweat began to flow freely, and he seemed easy. I never saw a man sweat as much before, or since, and the smell in the room was terribly offensive, and next morning I stripped him, and his clothes were as yellow as the yellow of an egg. I

gave him plenty of ice, and he recovered fast, did not take any more drugs, and got well."

And Captain Ad. Storms says, that "the —— doctors don't know one thing about diseases." I find it so. They acknowledge that they know nothing about the essence or the substance of diseases. As I have discovered it in full, it is easy to explain the whole cause.

Capt. Hall's Statement, Memphis, Tenn., January 17, 1888.

"A lady came here from Chicago in 1878, in time of yellow fever, and began treatment among the poor people, white and black. She treated a number of cases of yellow fever successfully. I noticed her success, and my daughter taking yellow fever, I called her in, and she treated my daughter. She took one-half bushel Irish potatoes, boiled them, put them in stocking legs, and placed them around my daughter; had her to drink hot tea, sweat her freely, and the smell was as foul as rotton flesh; and when she was stripped, her clothes were yellow and full of corrupt material. She cared for my daughter, and she got well without a drug. Then I took this woman to my house, found her a home while she remained, and she cured others the same way. That was her remedy, and she very seldom failed to cure; and when she did, the fault was mostly the carelessness of the patient, eating too soon, or eating too much. As the stomach is very weak—just as weak as the person feels—it is easy to eat too much and overload it. In all cases where people were cured of yellow fever, they had to be sweated very freely; and it doesn't matter much how they are sweated or what with, so they don't get cold and let the air to them after sweating. If made hot by hot material, you sweat with ice taken internally, you are not apt to take cold so easily, but it is best to be careful.

My Brother's Case.—What I Know Cured him of Typhoid Fever.

He had a severe cold for eight or ten days, cold feet and hands, chilly, bones ached, high fever in the body, with head-ache, and pains in the small of the back. He took to his bed, and lay for two or

three days. I was called to see him. I found him with cold limbs, high fever in his body, severe pain in the head and back, and his bones pained him. The first thing was to throw the bile off his stomach. He drank hot water and salt, bathed his limbs with a strong mustard-bath, placed a jug of boiling water to his feet and back, took ten glassfuls of pulverized ice in three hours, four in the first hour. He sweated freely for about two hours, and the smell of the corrupt matter was very offensive. He says he felt good in three hours after they commenced on him, slept well that night, and ate a pretty fair breakfast next morning. See how I cleaned him out. His limbs were hot in one hour. A man can't be well, or get well, with cold limbs, feet, and hands. Whenever the feet and hands get cold and keep cold, you may soon look for disease of some kind, as the flow of corruption remains in the body.

WHAT OTHER PEOPLE SAY.

William Wyckoff, of Danville, Ill., said in a case of typhoid fever, of a friend of his, who got to be very bad :

“One day at two o'clock the doctors said the sick man could not live forty-eight hours, as his limbs were cold, arms cold to the elbows, legs cold to the knees, and begging for water, which they would not let him have. When night came a nephew of the sick man, and another young man came to sit up with the patient. The nephew brought in a bucket of water and set it on a chair. All the rest of the family went to bed, leaving the young man and the sick man's nephew to sit up with him. About three o'clock the two young men went to sleep, and the sick man crawled out of bed to the bucket of water, took the dipper, and helping himself, drank all he could, laid down and rested awhile, got up, and again drank all he could. Then the two young men waked up, and as soon as

they found what he had done they were horrified, and went up stairs and waked up William Wyckoff and the man that was sleeping with him. Then the family was all called to see the sick man die. All were trembling with fear. I felt his feet, hands and limbs frequently, and soon they began to get warm, and grew warmer until they got very hot, and then the sweat began to flow, and you never saw a man sweat so. It poured off him till he sweated so much that the feather tick was wet through and through, and we had to open the doors and windows to let out the filthy smell. It almost made all of us sick."

Think of the rotten matter that was carried out of his body. Would drugs have carried that material out? No! I asked Mr. Wyckoff about his urine. "It was almost thick, and very full of dregs for several passages," he replied. "Did the man take any more drugs?" "No, sir!" "Did he get plenty of water?" "Yes, sir!" "Did the man improve much?" "Yes, sir! He drank all the water he could, and improved very fast, and got well."

Jacob Dye, near Zionsville, Boone county, Ind., tells me of his father, who was very bad with fever, and a man gave him all the water he could drink, and he sweated freely and got well. Mrs. Bowers, near Whitestown, Ind., saved a little girl who had scarlet fever, by giving her two pitchers of water. She sweated freely, stopped the doctor, and the child got well.

Captain Guning, of Vicksburg, Miss., says, in 1878 he cured more people, who had yellow fever, than any other man in Vicksburg. After he told me how he had done it, I asked him to tell me how he got started—how he caught the idea or method of treatment. He told me that in 1853 he had yellow fever, and the nurses and doctors would not let him have water. He said he was burning up with fever and wanted water badly, and felt as though he would be willing to die if he could get all the water he could

drink. But that would not do ; according to allopathic doctrine it would kill at once. At breakfast-time the white people went to breakfast, and a mulatto girl brought in a pitcher of water, and went out. He crawled out of bed to the pitcher, which was on a chair. He crawled up to it, drank about half of it, laid down two or three minutes, raised up, and drank till the pitcher slipped, rolled off on the floor and broke. In came the white folks, and picked him up, and put him in bed, in great fear that he would die any minute. In a short time the sweat came out on him profusely. It seemed to pour out in streams, and all the doors and windows had to be opened to let out the odor from the rotten material. He commenced to feel better and better, drank all the water he wanted, and would not take any more drugs. He got well, and has saved many others since, without drugs.

New Town, Arkansas, 1879.

As I was going down the Mississippi river in a flat-boat, I stopped and stayed all night at this place. Next morning the wind was very high, and the waves ran high, so we could not travel. I went up to a house, and a very nice cottage it was, and nice people lived there. I had stopped there the fall before, and knew the people. They treated me very kindly, and we had a pleasant chat. Having told them what I had learnt about diseases, and the cure of diseases, they told me of a case that happened in the neighborhood. A boy, twelve or thirteen years old, had scarlet fever, and was very bad. His mother did a washing, and rinsed the clothes, and went out to hang them up. The boy crawled out of bed into the kitchen, took a wash-pan and dipped it up full of the rinsing water that was in the tub, drank it, and kept dipping it full and drinking, till

he drank two pansfull. His mother came in and found him on the floor, and frightened to think he had drunk the deadly stuff; she took him to bed and sent for the neighbors to come in to see the boy die. But to their great surprise he sweated all the corruption out of him and got well. Water was not such a kill-all as it was thought to be. But look out for the drug; it will do the work.

Mr. Day's Statement, Rochester, N. Y., Nov. 1886.

"West of Detroit, Mich., I owned a farm. Adjoining was another farm, the owner of which was taken sick with typhoid fever, and was very bad. He begged for water. The man who sat up with him refused to give it to him. At last the sick man told him he would assume all the responsibility himself, and begged so hard that the man gave him all he could drink. It sweated him freely. After that he quit taking drugs, and drank all the water he could hold, and improved rapidly and got well."

Now, friends and readers, one gallon of water, drank cold, hot tea of any herb, or ice, is worth more than a barrel of drugs. The drugs kill, where the water, in any form, washes the dregs out of you, and nothing else can do it. When a person wants water, tea, ice, or warm water, give it. Where there is high fever, or flux, consumption, rheumatism, or any manner of diseases, use ice internally, and freely, when the stomach is clear of food. Let all food get out of the stomach before using the ice, or cold water. Don't be afraid of ice.

THE TRUE ART OF HEALING.

The art or method of healing seems to have never been understood. Most people have the idea that they must place a salve or something on a cut, bruise, or burn, to heal it, which would imply that the material must be taken from the salve to re-build or fill up the space, hole, or vacuum. This is not the case. For instance, if I should cut the muscle of my thigh to the bone, there would be an open space. To join the parts together over this opening, and fill it with sound flesh is what is needed. When a person is sick four or six weeks we don't apply a salve to rebuild the flesh, but what he eats and drinks makes his flesh, and he is restored or re-built in that way. Now, take a salve, close the cut, and place the salve on the cut. It acts as an artificial skin only. What we eat and drink makes our blood, and it, or its atoms, are carried by the water of the blood to the cut, through the arteries and veins, and the injured part is re-built. See in a broken bone, how it is re-built and knit together. Now, if you can stop the destruction of any part, even the lungs, the blood will heal the injury over, as there is plenty of evidence to prove it to any man of sense. If you can stop the rotten material going there, then you can rely on the blood to heal the lungs, as has been done in many instances: one at Muncie, Ind.; one at Lima, Ohio; one in Grand Gulf, Miss.; one in New York City; and myself, in 1873, after eighteen months of coughing.

In the instance suggested, that I cut the muscle of my thigh to the bone, there would be an opening, or vacuum, to be filled. To do this, and heal the cut, it would be necessary to keep out air and dirt. Keep it warm and moist so the blood will circulate to the place and fill it up, as this is what takes place in the healing process. Now, what is needed is a salve, or

something that will keep up this soft and moist condition. Keep out dirt and air, and hold the parts firm. Some waxy substance that is not poisonous to the flesh, and acts as an artificial skin, enabling it to retain the moisture and heat that flow from the body, so the blood or water can carry the molecules to the place and fill it up. The materials for the work have to come from the blood. Now, I may call your attention to a broken bone. There you use no salve, but just the same the blood carries the materials, and knits or heals the bone together. In cases where arteries have been cut, and each end tied together, it has been discovered that a pipe is formed around, connecting the ends together, and the blood flows through the same as before. The lungs are healed in the same way if you stop their destruction by corrupt or waste matter. You can see in scrofula how the healing is done without salve.

GENERAL INSTRUCTIONS.

Finding in almost all diseases that there has to be a lot of rotten matter, or broken-down tissue got rid of or moved out of the human structure, you know now that you have to aid the water, commonly called "blood," in this process. When a person has fever he is full of rotten matter and broken-down tissue; his pores are closed, and his skin partly dead and dry. He has in his body, perhaps twelve to sixteen pounds of virulent matter, and it must come out before relief can be obtained. In almost all diseases there are great quantities of such virulent matter, and to remove this you must open the pores, or holes of the skin, and sweat freely. To do that I will name several ways. First, drink hot tea, take ground mustard and boil it in vinegar, and rub the whole human structure, from the soles of the

feet to the ears, with it ; put in all the mustard you can stand ; fill four one-gallon jugs with boiling water, cork them and place them in bed ; go to bed, and place jugs as near you as you can bear them ; then drink hot tea until the sweat comes freely. In place of jugs of hot water some use boiled corn, boiled potatoes, etc., but it does not matter what you use so you sweat freely. Ice used internally for all kinds of fevers, flux, consumption, and inflamed stomachs, is better than hot tea or hot water. Ointment should be used in all chronic diseases, and made as described here. One pint of oil, (cocoanut, olive, or refined cotton-seed) with two ounces of pulverized cayenne pepper. Rub this over the whole body, at night on going to bed. Wash it off in the morning with warm water and soap, and wipe dry with a warm sheet. This ointment will benefit patients in all manner of diseases, as it softens the skin, and the cayenne pepper keeps the skin hot or warm, expanding it and opening the pores so the water called "blood" can carry the rotten matter out. The hot tea, water, or ice will help to carry this rotten matter out of the body (see "No. 1 Man and No. 2 Man,") as has been demonstrated. The No. 2 case referred to had no rotten matter, or malarial poison, or parasite. It all took wings and flew. But No. 1 was full, and smallpox made it get out to the amount of twelve or sixteen pounds. Now, dear reader, what we want is to get that twelve or sixteen pounds out of the human structure without smallpox. That is easily done. Just sweat one freely and it comes out, as all fully attest. When one sweats who is sick, the smell is as offensive as that of a dead and decaying animal in the room. Food must not be changed from natural growth, for it meets all the demands of all parts of the body plainly cooked. (See Seeds of Diseases, and see Foods for Instruction, for this is no trivial matter, but full of philosophy, reason, science and common sense.)

EXTRACTS.

THE IRREPRESSIBLE CONFLICT.

BY R. T. TRALL, M. D., IN *The Science of Health*.

The people are asked to believe that it is necessary for regularly-educated physicians of the drug-system to examine all who propose to practice the healing art, in order to ascertain their competency, and in this manner protect the people from being killed by ignoramuses. This argument would be weighty, and perhaps conclusive, provided the drug doctors could agree among themselves. But it happens that the practice that one physician approves as curative, another condemns as killative. We could easily fill *The Science of Health* with quotations like the following:

The older physicians grow, the more skeptical they become to the virtues of medicine.

PROF. ALEX. H. STEVENS, M. D.

Drugs do not cure disease, disease is always cured by the *vis medicatrix naturæ*.

PROF. JOS. M. SMITH, M. D.

Blisters nearly always produce death when applied to children.

PROF. C. R. GILMAN, M. D.

Digitalis has hurried thousands to the grave.

PROF. DAVID HOSACK, M. D.

More harm than good has been done by the use of drugs in the treatment of measles, scarlatina, and other self-limited diseases.

PROF. ALONZO CLARK, M. D.

Bleeding in pneumonia doubles the mortality.

PROF. H. G. COX, M. D.

The drugs which are administered for the cure of scarlet fever and measles, kill more than those diseases do.

PROF. B. F. BARKER, M. D.

As we place more confidence in nature, and less in preparations of the apothecary, mortality diminishes.

PROF. WILLARD PARKER, M. D.

Opium *increases* the nerve force.

PROF. B. F. BARKER, M. D.

Opium *diminishes* the nerve force.

PROF. E. H. DAVIS, M. D.

We do not know whether our patients recover because we give them medicine, or because nature cures them.

PROF. J. W. CARSON, M. D.

The action of remedies is a subject entirely beyond our comprehension.

PROF. JOHN B. BECK, M. D.

Of the essence of disease very little is known; indeed, nothing at all.

PROF. S. D. GROSS, M. D.

The medical practice of our day has neither philosophy nor common sense to commend it to confidence.

PROF. EVANS, M. D., F. R. S.

I fearlessly assert, that in most cases the patient would be safer without a physician than with one.

PROF. RAMAGE, M. D., F. R. S.

I visited the different schools of medicine, and the students of each hinted, if they did not assert, that the other sects *killed* their patients.

PROF. BILLINGS, M. D. of London.

Thousands are annually slaughtered in the quiet sick-room.

PROF. FRANK, M. D., London.

The language of medical science is a barbarous jargon.

JOHN MASON GOOD, M. D., F. R. S.

It is my firm belief that if the medical profession, with its prevailing mode of practice, were absolutely abolished, mankind would be infinitely the gainer.

FRANCIS COGSWELL, M. D., Boston.

I declare, as my conscientious convictions, founded on long experience, and reflection, that, if there was not a single physician, surgeon, man-midwife, chemist, apothecary, druggist, nor drug, on the face of the earth, there would be *less sickness*, and *less mortality* than now prevail.

JAS. JOHNSON, M.D., F. R. S.

Editor of the *Medico-Chirurg. Review*.

Such is the system, as judged by its own teachers and practitioners, that the legislatures of the different States are asked to enforce on the people by special statutes. No wonder the profession wants protection. All of these efforts to perpetuate the drug-system by law, under the hypocritical and knavish pretense of protecting the people, originate in medical societies; and mostly with those members of the medical profession who have so little practice that they have plenty of time for planning schemes of benevolence, and prosecuting enterprises of charity and philanthropy; provided always, they are calculated to benefit the business and perpetuate the power and influence of the party of the first part.

VEGETARIAN SOCIETY.

A society in Germany publishes a tract for general distribution, in which under the heading, "How Do We Live?" occurs the following summary:

1. We slay no animal for food, and consume none of the products of such slaughter.
2. Our daily bread is sweet, and consists of grain (wheat, corn, rye, barley, oats), which we grind coarsely and bake; also of millet, rice, peas, beans, lentils, etc., which we boil. To this add especially all kinds of fruit.
3. We avoid all stimulating condiments, such as pepper, ginger, nutmeg, cloves, garlic, mustard, etc.
4. We thirst, therefore, seldom, and drink little. We avoid spirits (beer, wine, brandy, etc.), also tea, coffee, and vinegar, and drink water, or the pure juice of fruit mixed with water.
5. We avoid all stimulating, nerve-blunting indulgences, especially the hateful tobacco smoking, chewing and snuffing.
6. Cleanliness of the whole body, and the hardening of the same is with us a rule of life, and especially do we care for the normal activity of the skin as the condition of sound health.
7. We subsist, also, very much upon the air, and take care that it shall be pure and fresh where we live, where we work, and especially where we sleep.

8. The heavenly sunlight is our life, therefore we allow it to penetrate our dwellings, in order that these may be dry, and the air therein healthful.

9. Work, bodily and mental, is our delight. We seek healthful and useful labor, and love conflict; but only against superstition and all unnaturalness.

10. We aim at moderation in all things, as the true condition of enjoyment.

11. We reject all medicinal poisons, and everything that can act injuriously upon the blood.

12. Through soundness of body we seek soundness of mind, and through soundness of mind we act again upon the body, and thus secure for both a higher degree of enjoyment than is possible under the usual flesh-eating mode of life, with its consequences.

BILIOUSNESS.

This is not understood by medical men. Biliousness is or can be best explained in this way: When the system or body is filled with corruption, the stomach out of order, and functions are working badly, the gall in the gall-bladder is held in reserve for an emergency, and when food is taken into the stomach unneeded, it will not digest. Then the gall flows from the gall-bladder, and that is what is called biliousness. It is the gall and food mixed, and the food does not digest rightly, and in many cases this produces yellow jaundice, or what is commonly known as yellow "janders." The gall-bladder holds the gall in reserve for an emergency, and when needed it is emptied into the stomach to relieve it of its burden. If you will never burden the system and stomach, then there will never be any use for the gall, and then you will never be bothered with biliousness or bile on the stomach. Plain, common food and frequent bathing are the remedies necessary to avoid all this, and this course would save many a doctor's bill, and many a night's sleep. To lose sleep, with me, is the greatest loss I meet with, and is never paid back.

Biliousness is caused by the whole body or structure filling full of corruption, when the stomach becomes disordered and inflamed, and there is too much stuff taken into it. To try to get rid of that excess of useless material the gall is emptied into the stomach in larger quantities than usual. This makes one sick at the stomach, and when one throws

it up it is called biliousness. The trouble is that the whole system is full of grease or carbon. Yellow jaundice, called yellow "janders" by many, is the same trouble. In that case the biliousness or the bile of the gall is carried all over the whole body, and the blood, or water carries it out through the pores, and it shows up yellow, and, as many molecules lodge in the skin, they make the skin yellow. As there is nothing without a cause, so there is a cause for all of this, and that cause is grease or carbon, converted into rotten matter in the human structure, and to get rid of that material one must open the pores, or holes in the skin, and that can be done by moisture and heat, as already directed: Bathe, rub dry with a warm sheet, rub the whole body, limbs and all, with an ointment made from cayenne pepper and cocoa-nut oil, or sweet oil. You may use a little peppermint oil, or cinnamon oil to scent it, and it will do no harm to drink plenty of water, tea, or hot water, and diet or feed the body wholesome or perfect food.

Many diseases can be so classed, as fever and ague, chills and fever, intermittent fever, congestive chills, congested liver, congested stomach, congested lungs, congested brain, are all biliousness. Where there is trouble there is rotten matter, for that is what causes it. Take a person with any one of these troubles, and sweat him or her freely, and you can cause to be cast out millions of molecules, or atoms, or particles of rotten matter. I so speak from actual experience, and the experience of others, all of whom testify to the same. When a person with any one of these diseases is sweated, the smell in the room is abominable, and makes them sick and faint, almost like a decaying animal in the room. Now you can't smell anything until there are molecules, or atoms coming in contact with the organs of smell. This sense is almost like taste. There are millions of rotten atoms coming in contact with it, and we smell it. There

are millions of other atoms carried off in the urine, also, and in the air we throw off from our lungs. Many times I have sat by persons whose breath was so offensive I had to move—I could not stand it. Now, to remove all this filth follow former instructions, and sweat freely, and keep warm, the skin soft, the feet and hands warm, drink water freely, eat perfect food, breathe pure air, let the sun shine in your rooms, let pure air in your rooms, and health will be your lot.

RHEUMATISM.

Rheumatism, so called, is not without a cause or a substance. To find what that substance is, I say to professors of medicine: “Bring me a man who has rheumatism—one whose muscles are not contracted; let me take him, and expose him to smallpox. Say he takes the disease, and the corruption is cast out of him, and say he gets well of smallpox.” I ask them, “What about the rheumatism?” They say, “He would be well of rheumatism.” I ask them, “What that corruption is that is cast off by the smallpox?” “They do not know.” I say to them, “Find what that is and you will find what the essence of disease is.” Many of them estimate that there would be ten to sixteen pounds of rotten matter cast out of a man who has the smallpox, and they all acknowledge that it takes the rheumatism out of a man or woman. After I find what that corruption is it is easy for me to know how to cure rheumatism. Remove all this material, without smallpox, and then

diet, or feed perfect food, and relief follows at once. To remove that rotten stuff, open the pores or holes of the skin, sweat freely by keeping the skin hot and moist, and drink plenty of hot tea, or hot or cold water. To keep the skin hot, apply ointment made of ground mustard, or cayenne pepper and sweet oil, or cocoa-nut oil, rub on a plenty, wash frequently with a little hot water and a little soap, and bathe frequently. (See Perfect Food and General Instruction.)

IMPURITIES IN THE BLOOD.

How impurities are removed out of the human structure: If the drug-system is right why do not the doctors give drugs to a person who has been exposed to the smallpox, to purify his blood, or to kill the poison in the blood, or to make way with the malaria, so the person would not have the smallpox? Can't my readers see how inconsistent it would be in that case? Now, if it holds good here, as it does, it will hold good in all cases of disease. You see, in this case, the blood or water makes away with or carries out all the rotten matter from the system, and in thirty days the person is clean of it all. Does it take wings and fly, or does some witch, or wizard, or ghost, or sprite come along, crawl into a person, and chase all the rotten matter out? Sir, it does not. The work has to be done, and ways and means are provided by the All-wise Creator, and not by doctors and drugs. Water is the great dissolver; purified water carries all materials all over the body, and carries out the broken-down tissue and rotten

matter, and no other thing can do it. See how silly it would seem for one to take a drug, after having a chance to take smallpox, or having been exposed to it, to prevent having the disease, and to kill the malarial poison or parasites. It is just as silly to give a drug in any disease as it would be in that. Drugs are "killative," not curative. Healing, or curative agents open the pores, make the skin moist, soft and hot, and taken internally are plenty of hot tea, or ice, or water. Plenty of water is the great cleanser, and not drugs.

FOUL BLOOD.

Would one take drugs to rid the human structure of the foul, rotten matter, where one had been exposed to smallpox? No! Well, what carries the foul material out in that case no one has been able to tell me intelligibly. It is now for me to explain it. I say water does the work. It carries out all the mass of foul matter. Now, it is conceded by all scientists that there is an essence of disease; no question about that in my mind any more. If there is such an essence, water carries it out so that one can not have smallpox in a few days. Then it must carry it out in all other diseases, and that is just what it does, and nothing else can do the work. So, all substances are moved, or carried out by the circulation of water in the arteries and veins, for blood is only what we eat and drink. Water is the fluid that floats all the molecules to all parts of the body, and distributes them all over the human structure. (See Water for instructions.)

DROPSY.

Dropsy is caused by the pores of the skin becoming closed. As many people who are dying in their filth never bathe, all the waste of the body, in such cases, is retained in it when the holes, or pores of the skin become closed. The waste of the flesh and bone is thus retained in the body, and, inasmuch as the body changes every twenty-eight or thirty days, this must be very great. It is large at all times, even when the pores are open, but close the pores with glue and dirt, and all that material is retained, with all the waste that it takes to carry it out. That is why water is accumulated so rapidly in a person with dropsy. All the air that passes through the arteries is retained, inflating the body, and there could be no swelling or inflation without this. This air-inflation is what is called "swelling." It is the same in erysipelas. The pores are closed, and then the air inflates. For a cure for the dropsy the patient must be sweated freely, or laid in a bath of warm water, six or eight hours at a time, and the temperature must be kept up steadily to 102 degrees, fever heat. There are plenty of ways to sweat the patient. You can boil a half a bushel of ears of corn, or potatoes, put them in sacks, place them alongside of patient, cover him well, and give plenty of hot tea made from common herbs, or hot water, and sweat the patient freely, and keep him warm thereafter. Take cocoa-nut oil, or sweet oil, and cayenne pepper,—one pint of oil, and one ounce of cayenne pepper, mix them, and rub all over the whole body, and wash frequently and diet.

Dropsy, like many other diseases, is brought on about in the same way, by three or four causes. Grease, or carbon, and many other materials are eaten in too great quantities, and another cause is

that people don't understand what a bath is worth, and go in their filth, letting all the pores of the skin become filled up with a waxy substance like glue, and with the dirt on the skin, for it will get dirty the same as your clothes. When this happens the materials that should be carried out of the body are retained in it, and the corruption rots the flesh or bones, and the air inflates, and the water accumulates, causing pain. To remove the different materials open the pores and sweat freely.

I will give a statement how dropsy has been cured in two different places. One case was related by a doctor: When he was at Vienna, Austria, at a medical college, a Scotchman came there, and proposed to cure dropsy. They all called him a "crank." The hospital was under the charge of the president, and the Scotchman was permitted to try his remedy for dropsy. He had a full bath prepared with water as hot as the man could stand it, stripped him, and put him in the bath of hot water, kept the water hot all day, and kept the man in it all day. At night he placed jugs filled with hot water in the bed, rubbed the man dry with a warm sheet, put him to bed, and kept him warm. New milk and oat-meal porridge was all he let him eat for eight or ten days. He kept up the hot bath for five days, then rubbed him with an ointment made out of oils and mustard, to keep the skin soft and hot, and in twenty days the man was well. The doctor said the Scotchman treated scrofula the same way and cured every case. Remember, the diet was oat-meal porridge and new milk only, in all his treatment.

A lady at Union City, Indiana and Ohio, (part in each State,) cures dropsy with hog's lard and cayenne pepper mixed, making the preparation very strong with pepper, and rubbing the whole body with it, and dieting, or feeding perfect food, and washing the patient frequently with warm water and soap. She never fails to cure a case now. The

cures named for dropsy will cure many chronic diseases as there is a filth, or corruption in the system, in all diseases, and it must come out before relief can come. Can it be reasonable that a drug that will make a well man sick can move twelve, or fifteen pounds of corrupt matter out of the body? How can it be possible? It can not! and it is easy for me to see why the doctors never did any one disease any good; they never knew what caused disease, or diseases. Not one of them sees how old their text-books are and what date they were made. It was in the days of witch-craft, clairvoyance, mystery, and fiction. People then seemed to know but little about anything. It seems that almost all the great things have been invented, discovered, or made in my lifetime. Thought, reason, and research are the mother of discoveries and inventions. Millions upon millions of thoughts has this work taken from me.

PILES.

Piles may be produced in three different ways. One is by a flow of rotten matter to the rectum, acting in the same way as a cold, when the nose gets sore. It rots the membrane of the rectum, causing inflammation and swollen silken veins, and afterwards they rot off and bleed. The second cause is that in a cold the broken-down tissue may flow there, rot the membrane, or skin of the rectum, rot off the silken veins, and bleed, get sore, and cause great pain when you have passages. The third cause is that when people eat concentrated food it almost all dissolves, and, so passes into the circulation, leaving but little waste to stop in the rectum. It takes so long to accumulate a sufficient amount for

a passage that it becomes very dry and hard, fever sets up in the rectum with inflammation and swelling. This material being dry, hard, rough, and scaly, when you have a passage, it tears off the skin of the rectum, and then the rotten matter runs there to escape, making it still more sore, causing the silken veins to rot off and bleed, and it keeps getting sorer every day. The remedy is to take a sweat, syringe the rectum three times a day with warm rain water, eat food with bran, and all in grains, causing plenty of waste for the bowels, and keep the bowels free in this way, for it is the natural way, and the easy way, and eat perfect food in all things. (See General Instructions.)

INSANITY.

Insanity is not necessarily inherited. It had to have a cause, for there is nothing without a cause, and nothing without a substance, so there is a cause for insanity. Let us see what that cause is. I say there is plenty of cause, for when rotten matter will rot the nose, lungs, and head, it will rot the brain, and inflame and decay it. This is the cause of insanity. Many will ask what makes a man or a woman go insane, sometimes, by studying too hard. That is easily accounted for. One who studies hard is apt to have cold feet and a hot head. All the corrupt matter is carried to the head. The blood flows to the part most worked, and in that case the brain is worked too hard, contracting the blood to the head, and all the broken-down tissue and rotten matter that is retained in the structure mostly goes to the brain, causing it to rot. For remedy, heat the outer surface (the skin), get all the pores open,

keep the outer extremities very hot, moist and soft, with oil and cayenne pepper ointment, eat perfect food, plenty of watery vegetables and Graham bread, and when the stomach is empty of food swallow large quantities of ice pulverized.

Insanity is on the increase, and there is no reason why it should not be. In 1880 in the United States, there were 91,900 insane persons. The causes are easy to explain. There is plenty of cause for there is nothing without a cause, and nothing without a substance. There is plenty of substance, as the great mass of corrupt matter cast off by smallpox shows. When any part is affected there is where this rotten stuff goes, and when it goes to the brain it rots the brain, heats it hot, keeps it enlarged and swollen, so that it causes pain, and then anyone loses his reason. Insanity like consumption, is only the brain affected or rotted, and it being the seat of reason and thought, when it is affected reason is disturbed, and the brain is swollen and enlarged. The old idea of inheritance in insanity has no reason or common sense connected with it. It is mere imagination, giving no cause or substance, and there is a substance in everything. As the substance spoken of in this article inflames the brain, so there is a cause for insanity, and a great cause too, for what will rot the lungs and other parts will rot the brain. (See Perfect Food and General Instructions.)

PLEURISY AND CURE.

Pleurisy is caused, first, by the spleen inflaming and swelling; second, by inflammation from rotten matter. Too much acid, or any strong acid fruits in large quantities will inflame the spleen and enlarge

it. The remedy is to sweat freely, eat perfect food, keep the feet very warm, bathe often, eat two meals each day—breakfast and dinner, and take four to six glassfuls of ice for supper, and no food. Ice taken into the stomach when the stomach is empty is one of the most effective remedies for many diseases, as it seems to cool down heat, remove all rotten matter, all inflammation of the stomach, spleen, liver, lungs, heart, bowels, kidneys, colon, rectum, head, brain, throat, bronchial tubes, wind-pipe, and flesh. It will extinguish more heat than any one thing. Fevers of all kinds yield to ice quicker than to any other one thing, if taken in large quantities, say twelve to twenty glassfuls in two hours. The results are wonderful, and the reason is easy for me to comprehend. Fever and inflammation are common heat produced by a combination of substances, and ice being the reverse of heat it will subdue more heat, or extinguish it quicker than any other thing. Get away from witches, ghostism, imagination, poison, malaria, and parasites, and come to grease, white flour, butter, sugar, molasses, salt, and many other things for your malarial poison and parasites, and it is here we find them. (See General Instructions.)

KIDNEY AFFECTIONS.

Kidney affection, like many other diseases has its origin in the rotten matter of the body. It is noticed by professors that where a person has kidney affection, and takes the smallpox, and gets well of it, he or she is well of the kidney affection. When we find that the rotten matter will make a person's nose sore in a bad cold, and make the head sore in catarrh, and make the lungs sore in consumption, why

will it not make the kidneys sore? It will, and smallpox will remove all of that corruption, and the kidneys get relief as they cease rotting. The material that smallpox casts out will rot flesh, and that is what causes pain in the different parts, in diseases. To cure kidney affection treat the whole body in the same manner as in dropsy, rheumatism, scrofula, and diabetes. Many other diseases can be successfully treated in the same way. Many female diseases can be treated with good results in that way, as well as nervous debility, feebleness, weakness, headache, and the like.

CHOLERA.

Cholera should be classed as a contagious disease sent on man for a warning against the violation of natural laws. There is nothing without a cause, and nothing without a substance, so there is a cause for cholera, and what is the cause? Man's body is full of filth, the stomach is in a bad condition, the blood is caused to rush to the stomach and leave the flesh to grow cold on the limbs. All the blood leaves the limbs and rushes to the centre to the stomach. When the blood leaves the limbs the flesh gets cold causing contraction, and you call it "cramp." Now, if the flesh did not get cold there would be no contraction, and if there was no contraction there would be no cramp, for the contraction is the cause of pain, and pain is caused by the blood leaving the limbs and letting them get cold. Make the person warm, prepare a barrel of hot water, put in half a tea cup of ground mustard, and put the patient in the barrel of hot water. Take a teaspoon half-full of ground

mustard, put in half a pint of hot water and have the patient to drink it. Put a comfort or blanket over the barrel, bathe twenty minutes, and while bathing fill jugs with boiling water and place them in the bed, rub the patient dry with a warm sheet, place him in bed and place the jugs as near him as he can stand, and keep warm, and after bathing sweat freely, and give perfect food.

Now this is a first-class cure for sinking chill, as it warms the patient at once, or for a shake and chill in chills and fever. You can use a bath-tub or a barrel to bathe. (See General Instructions.)

PARALYSIS.

Paralysis or “paralytic stroke,” so called,—these terms are lacking in definite meaning, as there is no stroke. The nerves are burnt up or rotted. They are the means of conveying thought to the muscles to cause the muscles to act and perform their duty. When the nerves are destroyed they become like a disabled telegraph wire, or more like it was broken, and the electricity has to stop at the end where the wire is broken. When the nerves of conveyance are destroyed and the mind acts there is nothing to convey the thought to the muscles, and then they do not act, as when the wire of a telephone is broken. The thought that man sends over the wire to another man does not arrive and the message is a failure. So with the nervous system when the nerves are destroyed and dead. They can not convey the message to the muscles, and all fails to work on account of the message not being delivered. Now, work on the nerves, remove the cause, (that is rotten grease and salt, the same that is cast off by smallpox,) and the

blood will repair the nerves. Sweat freely, open the pores, keep the skin soft and warm ; eat perfect food, drink plenty of water, breathe pure air ; exercise, or have some one to rub the whole body freely, cause friction of the skin, keep the bowels free and open, first by a mild physic, then by the bran that is in Graham flour, as that is a natural thing for that purpose, for without it your bowels are very likely to get wrong and become bound up, or fail to have a passage. See how Captain Ben. Howard cured his mother. (See Perfect Food and General Instructions.)

SCROFULA.

Scrofula is much like rheumatism. It is rotten matter oozing out through the skin, and all professors and M. D's. well know that if a person has scrofula, and takes smallpox, and gets well of it there are no traces or symptoms of scrofula left at that time ; and the patients say that they never felt so well as immediately after they recover from the smallpox. When they filled up with grease again, then scrofula might come back again. Now all the doctors understand what makes corruption for smallpox—grease, fats, sugar, molasses, and salt. Why can't they see what makes corruption for scrofula, when smallpox cures scrofula? To cure scrofula get the corruption out of the body. That can be done by sweating freely, and keeping the skin soft and hot with oil and cayenne pepper, dieting, or eating perfect food. Let the blood do the work, as the water of the blood will do all the work if you give it a chance. Water carries all material to all parts of the body, and carries all material out of the body. (See Perfect Food and General Instructions.)

FEVERS.

YELLOW FEVER.

In yellow fever the person is full of rotten matter, and when that is impregnated with the material that the Creator made for that purpose it only sets fire to the rotten material to chase it out, the same as the material made to chase the rotten material out in the case of smallpox. He sent this material to do this work. If you do not lay the foundation for such diseases you will not have them. You violate almost all the natural laws, and you must bear the burden. Now, see how the smallpox rots the skin when the rotten mass is cast to the surface, and see how hot they get. Yellow fever casts the same kind of material out, and cleanses the body in full, about the same as smallpox. No matter what disease a person may be afflicted with, take yellow fever and get well of it, and there are no symptoms left of the other diseases—not even consumption. The same holds good with smallpox; no matter what the disease is, let the person take smallpox, and get well of it, and there are no symptoms of the other diseases. In yellow fever all persons who have treated it say when they sweat the patient the smell is so bad they have to open the doors and windows to let the odor of the rotten stuff out. See how many millions of molecules, atoms, or particles are coming in contact with the organs of smell. The sense of smell is similar to that of taste, and such stuff will make well people sick. In such cases they say their underclothing is always very yellow after sweating freely. There are many ways to cause sweat, every one having his hobby, but the only secret is to sweat them freely. It does not matter how, so you take good care of them after sweating them, and do not let the

cold air touch them for several hours, and give but little food for four or five days. Sweating is the great secret in all manner of diseases, and keeping the outer extremities hot, and the internal parts cold. Keep fever down internally, and heat the outer parts.

CURE FOR YELLOW FEVER.—Yellow fever was cured in many ways, as I found by investigation in many places. Capt. A. A. Nichols, Grand Gulf, Miss., tells of a mulatto curing several cases. His remedy was one pound of ground mustard put into a pan with boiling water poured over it, letting it stand fifteen minutes, and then prepare a bath of tepid water, put mustard and hot water in bath, have the room warm, fill jugs and bottles with boiling water and place them in bed, bathe the patient for fifteen minutes in the mustard bath, and rub hard; warm a sheet, rub patient dry with the warm sheet, and place him in bed, putting the jugs and bottles near him, and have plenty of covers on the bed. In the beginning he took corn-husks and made tea of them, and had the patient to drink it very hot and in large quantities—one pint every ten minutes, for one hour,—and had the sweat to pour off the patient, and when sweating freely the smell was so offensive they had to open the doors and windows to let out the rotten matter, and when stripped the under-clothing was very yellow and offensive. There were millions of atoms of rotten matter brought out with water and heat. Could a little drug bring out all this twelve or sixteen pounds of rotten matter? “No,” I say, “it is folly to talk so.” Now, who is it that can not see this in full. Water is the means by which all such materials are dissolved, and carried out of the system.

Capt. Ad. Storms, Memphis, Tenn., used an effective remedy. He prepared a large alcohol lamp, filled it with alcohol, lighted it, took a white blanket and wet it in warm water, stripped the pa-

tient, and wrapped the wet blanket around him, then placed the patient in an arm chair and wrapped two or three comforts around him, and let them come down to the floor; made tea of some common herb, had it hot, gave the patient one pint every ten minutes, and placed the alcohol lamp under the chair as soon as ready, let the patient get hot and sweat for one hour freely; had jugs filled with boiling water, placed them in the bed, let the bed get warm, then warmed a sheet and stripped patient, placed the warm sheet around him, rubbed him dry, put the patient into bed, took out the jugs of boiling water all but one, kept it at his feet, let him cool off slowly, and was very careful of his food.

Capt. Ad. Storms says, if every person would treat themselves this way as soon as yellow fever appears in a city, they, perhaps, would not have yellow fever. I feel perfectly satisfied that if people would all do this, then diet or eat perfect food, no one would have yellow fever, for it only causes to be moved out the rotten matter that must come out.

My view of yellow fever I will state briefly. As there is nothing without a substance the problem is to find the substance in cases of disease. When yellow fever patients sweat it comes in large quantities. All persons testify to the smell in said cases. I find it doesn't matter how much they are sweated; if they sweat freely they get relief. Then this destroys the old idea what will cure one will kill another, or what is one man's bread is another man's poison. This is about as thin as witch-craft, or "a chip off the same block," for I find in most all diseases you must warm the outer extremities, and the hotter the better—make them as hot as patient can stand, then, internally hot tea, hot water, or ice, in many cases. Now, I am fully convinced to-day, that if anyone who takes smallpox could be sweated extremely, and keep the face covered with cloths dipped

in hot water, wrung out, and changed often, all the material can be taken out in one hour. They may save the same person from having pits formed, and after one has a chance for yellow fever, smallpox, or any contagious disease, sweat freely for one hour, diet, or eat perfect food, and there need not be any fear of contagious disease or diseases. This is fully demonstrated with me to-day, after finding what the seeds of disease are. By removing the seeds of disease it can not have a growth, or a hold that will enable it to master the system. It will hold good in all manner of diseases to remove the seeds of the disease, and then the blood heals the wound. (See the True Art of Healing.)

TYPHOID FEVER.

The cause of typhoid fever is that the pores of the skin become closed, the broken-down tissue remains in the system, and the rotten or corrupt matter is carried back by the blood or water to the lungs, head, the organs, muscles, bones and brain. Then you say you have a bad cold. Let this continue for six or eight days and a fever shows up. This often terminates in typhoid fever. It always commences with a cold, the pores become closed, the feet cold, and all the materials retained in the body are carried back and settle in the different parts, rotting the flesh, organs and brain, and at the same time producing that high temperature of heat called fever and pain.

The remedy is to get the stomach entirely free of food, give the patient crushed ice,—eight or ten tumblers-full—sweat the patient by taking one quart of vinegar and a tea-cup of ground mustard, put the mustard in the vinegar, boil it ten minutes, and sponge the entire body with the vinegar and mustard.

Fill three one-gallon jugs with boiling water ; place one at the feet, one at the back, and one in front of the patient ; give the crushed ice in large quantities, ice is best, but if the patient will not take ice, make a tea of some common herb, have it very hot, and give a half-pint every five to seven minutes until the sweat comes freely. After sweating freely for one hour let the patient cool slowly ; after four to six hours strip the patient, sponge him with tepid water, wipe dry with a warm cloth, use an ointment made of oil and cayenne pepper, as heretofore directed, wash patient and then dress in clean clothing, and let the patient eat perfect food, following the General Instructions.

LUNG FEVER.

The cause of lung fever is that the pores become closed, the rotten matter or broken-down tissue is retained in the body and limbs, and the blood moving that back, trying to make away with it, carries it to the lungs, head, and to all the parts of the human structure, but carrying a greater per cent. of it to the lungs than to the other parts, and filling the cells of the lungs. At first this is called a bad cold. It leaves the limbs cold, the pores closed, and all this rotten matter or broken-down tissue is carried to the lungs, filling them with it, and rotting them, causing inflammation, swelling, and a high degree of heat. This is called fever. At the same time the muscles and brain are charged with the same kind of material, rotting the flesh and brain, and causing severe pain. This is spontaneous combustion producing heat by a combination of substances. (See Heat for description.)

The remedy is, get the patient hot and moist outside and cold inside, (as the patient would be hot inside

and cold outside.) Give ten or twelve glassfuls of crushed ice internally, letting the patient swallow the ice rapidly, take one quart of vinegar and one tea-cup of ground mustard, boil them together for ten minutes, and with this sponge the whole body of the patient, wipe dry with a warm cloth; fill four one-gallon jugs with boiling water, wrap some cloths around the jugs, place one at the feet, one at the hips, one at the back, and one in front of the patient, and as near to patient as he can bear them. Keep the patient well covered, and after six hours bathe him, wipe dry with a warm cloth, and let him eat perfect food. (See Food, following General Instructions.)

BILIOUS FEVER.

The cause of bilious fever is that the whole human structure becomes filled with rotten matter, the stomach becomes inflamed, the food does not digest, the gall-bladder empties a part of its contents into the stomach, causing biliousness, and the rotten matter produces the heat called fever. This rotten matter contains a large amount of carbon, better known to all as grease, fats, sugar, molasses, and white flour, the flour being almost all carbon or fat. These materials, combined with the other elements, produce heat, and fever is only the common heat produced by this combustion.

The remedy is to sweat the patient freely, give hot tea or water internally, take one quart of vinegar and a tea-cup of ground mustard, put the mustard in the vinegar, and boil them ten minutes. Sponge the patient with this, wipe dry, and fill four jugs with boiling water, wrap some cloths around them, place one at the feet, one at the hips, one at the back, and one in the front, and as near to the patient as he can bear them. Give hot tea or hot

water until the patient sweats one hour, then after letting him cool awhile wash the skin with tepid water, wipe dry, and let him eat perfect food. (See Food for instruction.)

SWAMP FEVER.

The cause of this fever is eating fat pork, white flour, lard, butter, and fatty material, which rots in the human system, and fills it full. This, combined with other elements, produces heat, and, as heat can not be produced without substances, it takes a combination of them to produce it. Without these substances there would be no heat. Carbon is one of the principal elements of heat, and is made from all kinds of fats, grease, butter, sugar, and molasses. Now, get rid of this material, and then the system cools off the same as drawing the wood or coal from the fire in a stove. Would not the stove cool off? Yes, it would, and so will the body cool off when this matter is removed from the system. This can not be done with a drug; it can only be done by sweating the person freely—make it pour. Clean the entire human structure; sweat out as much material as the smallpox would cast out, and then you can get well, and not until then. (See Typhoid Fever and Bilious Fever,) and follow the same instructions for a remedy. If you have to live in swamps, and low marshes, eat perfect food, lean flesh, and no hog meat, Graham bread, oat-meal porridge, watery vegetables, and fruits with very little acid; bathe frequently, keep the pores open, change the clothing often, let the sun shine into all of your rooms, and keep everything clean and neat about you for health.

BRAIN FEVER.

Brain fever is caused by a flow of rotten or corrupt matter and broken-down tissue to the brain. It heats the brain very hot, like it does the nose in a cold, and rots the brain the same as it rots the nose. Now, to remedy this, sweat the patient the same as for other fevers, wrap the head with cloths wetting them in hot water so as to open the pores of the head, give the patient plenty of ice-cold water, or hot tea. The ice is best used internally as it will subdue the heat faster than hot tea. Follow the general instructions as in the other fevers, keeping the patient warm and the bowels open and free.

Almost all manner of acute diseases can be treated in the same way; sweating freely, and getting out twelve or fifteen pounds of rotten or corrupt matter and broken-down tissue, for many people do not bathe enough to keep the pores open, and many eat so much stuff to make this corruption, and so whenever the cold air touches them their pores close and the corruption and broken-down tissue are carried back to all parts of the body in the same way that it is carried to one place. Quit your folly, and remember you have a body, and meet its needs, and your life may be of some use to you and to others.

HAY FEVER.

Hay fever, or what is so-called, (it is not necessary to apply that name, as "hay" has nothing to do with it,) is caused from eating grease, fats or carbon, sugar, molasses, white flour, and all such stuff. This produces a great part of the heat by a combination of these substances, the carbon being the principal element of heat in the human structure. Now, without a substance, or substances, there

is nothing, so the rotten matter or broken-down tissue is the trouble.

Now, to remedy or cure the patient: If full-grown you must take out of the system about the same amount of material as smallpox would cast out—twelve to sixteen pounds of this corruption and broken-down tissue. To do this sweat freely, use an ointment made of oil and cayenne pepper, as described elsewhere, eat perfect food, and when the stomach is empty swallow plenty of ice crushed fine, take plenty of exercise in the open air, let pure air into your room, let the sun shine in it and relief will come.

SCARLET FEVER.

In scarlet fever the pores become closed, and the waste carbon is retained in the body producing heat and fever. This is common heat produced by material, or an excess of materials. Carbon, or grease, is one of the principals of heat, and, as there is nothing without a substance, or substances, then it takes material to produce fever. Now to extract that material many ways can be used: a warm bath with mustard or cayenne pepper, bathe twenty minutes, warm a sheet, rub the patient very hard, have bottles or jugs filled with hot water while bathing the patient, place them in the bed, and have it warm before the patient is put into it, place the bottles or jugs as near as the patient can bear them, give ice, or cold water freely, and if the patient will not take either of them make a tea of some common herb—it does not matter what kind of an herb, for hot water will do all that is necessary,—get the patient to sweat freely, and then be careful not to let the cold air get to him. Keep him covered and warm for several hours, let him cool off slowly, strip him when cooled off, and wash him with water milk-

warm, and with some mustard or cayenne pepper in it, and then put the patient in a warm bed. Never let the patient get cool, as that closes the pores, and a relapse comes. Give very little food, Graham mush, oat-meal porridge, and a little fruit with little or no acid.

Croup, whooping-cough, quinsy, sore-throat, chills and fever, congestive chills, and many other such diseases can be successfully treated this way, as all disease is caused by the pores becoming closed and full of corruption, and to get well it must be gotten out.

SPOTTED FEVER.

The cause of spotted fever is, the waste or rotten matter is carried to the skin and settles there, causing spots to form. Now, to explain how color is produced one has to study chemistry. Color is produced by a combination of materials or substances. For instance, take iron or steel, rub it bright, drop a drop of water on it, let it stand awhile, and you have rust. Now, there is a new color to the rust, neither the color of the iron, or steel, nor the water. The same is true in many other things. Take two substances of different colors, combine them, and you change the colors. Add a third substance, and you change the colors again, and so on. Now the combination that is cast out on the skin in spotted fever causes the spots.

The remedy is to place the patient in a bath of hot water for one hour, give ice internally, place jugs filled with boiling water in the bed, getting the bed warm. Rub the patient dry with a warm sheet, place the patient in the bed, sweat freely, and if the patient can't use ice, give hot tea made from a common herb, and eat perfect food. (See General Instructions.)

CHILLS AND FEVER.

Chills and fever is a disease that is easy to account for. When the system is full of corruption, and the organs,—lungs, liver, spleen, kidneys, stomach, etc., are inflamed, the bowels are sore, the blood is contracted to the organs and the stomach leaving the muscles and flesh of the limbs to become cold, very little blood goes out from the body. And what happens when it reaches the muscles or flesh of the limbs? The feet, hands, and the blood become cold, and on its return to the body, when it reaches the hot flesh and blood, the person chills just as though he was to take hold of a cold piece of iron on a cold morning, only it is worse, for when the cold blood reaches the hot body one feels cold all over. All this time there is an accumulation of fuel in the body, and as soon as the limbs get cold the fuel can not escape from the pores, and all the time the chill lasts the fuel continues to accumulate in the internal parts of the body, until a great accumulation is stored up in the body like a great fire, and it bursts out all over the person, carrying with it all the rotten matter, or fuel, and everything. When a chill comes on, in order to stop it immediately, fill a tub and a bucket with hot water, just as hot as the patient can bear, put the feet and legs in the tub of hot water, and the hands and arms in the bucket of hot water. If the patient will take ice give eight or ten tumblerfuls of pulverized ice; if the patient can not stand the ice give ten or twelve teacupfuls of hot tea,—use a common herb, sassafras or spice-wood—so you get the hot water into the patient, and if the patient vomits, so much the better. This treatment can be used in divers cases: chills and fever, shakes, congestive chills, cholera-morbus, and in fact, even when there are cold feet, hands and limbs, head-ache, pain in the limbs, feet and hands. Hot water is a great pain-reliever,—the finest thing for piles,

erysipelas, soreness, swellings, bruises, and proud flesh. Dropsy has been cured by placing the patient in a pool of hot water four to six hours each day for five or six days. The water must be kept hot all the time, and when the patient gets out have a bed ready warmed by filling jugs and bottles with boiling water, and placing them in the bed before the patient gets in, and let them remain in there, and keep the patient as warm as he can bear it, letting him sweat freely, and cool off very slowly. Be careful not to let the cold air strike him at any time, and let him eat plain food, and exercise in the open air if you can keep him warm ; be sure that he is kept warm in all cases of disease, and in all diseases use cocoa-nut oil and cayenne pepper, or the oil and mustard, and rub it all over the entire body and limbs, etc. (See General Instructions.)

INTERMITTENT FEVER.

Intermittent fever is caused by the blood in the whole system becoming charged with rotten or corrupt matter, and it acts as a fuel, causing heat. This rotten matter rots the flesh, causing pain in the flesh, lungs, and all the organs of the body, and the head. The remedy is to take two sweats, one each day, for two days, drink freely of tea made from a common herb, or spicewood, and then keep the pores open, the feet warm, eat perfect food, and live in the sunshine, breathing fresh air.

CONGESTION.

CONGESTION OF THE LIVER.

Congested liver is caused by the system being full of rotten matter. The liver and the whole human structure, from the soles of the feet to the crown of the head, becomes inflamed and swollen. The blood acts sluggishly, the vessels stopped by the swelling so that the blood can not flow, and then when this flow of blood is stopped, it gorges the liver, and then trouble sets in. The limbs get cold, the muscles contract, pains come in the muscles, and the liver can not act, or let the blood pass through.

The remedy is to put the limbs in hot water, or give the whole body a hot bath, and drink hot water or tea made from some common herb. When relief comes get in bed and take a free sweat as described in typhoid fever, and change your food and habits generally, if you want health.

CONGESTIVE CHILLS.

Congestive chills are caused by foul or disordered stomachs. The blood does not digest, the system is full of rotten matter, the blood rushes to the stomach to aid digestion and relieve the stomach, the flesh gets cold on the limbs and contracts (called cramp), and pains come in the muscles.

The remedy is to plunge the limbs into a hot water bath, drink hot water or hot tea, and to relieve the stomach quickly take a half teaspoonful of salt and the same amount of ground mustard, put both in a teacupful of hot water; drink the hot water, mustard and salt, and then drink freely of

hot water until you throw up what is on your stomach, or in it, and then drink hot tea or swallow ice in large quantities, and as soon as relief comes sweat freely. Then be careful not to eat very much for ten or twelve days, as the stomach is very weak. Eat perfect food, keep the feet warm, and sweat freely two or three times, and by this means get out the filth and rotten matter.

CONGESTION OF THE BRAIN.

Congestion of the brain is caused from inflammation. There are substances and they cause trouble. The blood rushes to the brain to remove those substances, leaving the flesh of the limbs to grow cold, and when the blood rushes to the brain it carries back with it large quantities of broken-down tissue and rotten matter, clogging and filling the brain full of rotten matter, rotting the brain, and heating it very hot with this fuel in such large quantities. This is called fever. It is common heat; no more, no less than an excess of heat caused by a combination of substances, and as you can not have heat without substances, and these substances cause the heat of this rotten matter to rot the brain, and the great amount of blood rushing there gorges the brain with water, so all three of these cause the trouble. The remedy is to sweat the person immediately and freely, as named in other diseases, and keep the feet warm by filling jugs with boiling water and placing them at the feet, wet a cloth in hot water, wrap it around the head, repeating it often. After you quit that, wrap the head with a dry cloth, so as not to let the cold air close the pores of the head, and keep it warm, the pores open, to let out all the rotten matter; let him eat perfect food, and not butter, fats,

and grease ; they are the seeds of disease, and they cause almost all the trouble in all manner of diseases. Take out all of this by sweating freely and you soon get rid of any disease.

CONGESTION OF THE LUNGS.

There is nothing without a cause and nothing without a substance. So there is a cause for congestion of the lungs. The lungs, or the cells, fill with rotten matter. That stops the flow of air into the lungs, and the blood rushes there to try to relieve the trouble, and then congestion takes place. To remedy this, place the patient in a barrel of hot water, or some hot bath, and give him hot tea or hot water to drink ; place the patient in bed after the bath, and fill jugs with hot water, placing them in the bed as close as the patient can bear them. This remedy can be applied in cases of congested lungs, liver and stomach. The same cure as is applied in cholera will meet congestive cases of all kinds, as the outer surface needs to be warmed to attract the blood to the surface and let out the waste corruption ; for when the blood rushes to the centre and carries back the waste water, that causes more congestion, and the hot bath relieves all of that immediately and brings the blood to the surface, and by sweating the person freely, permanent relief will result, and a cure will be sure to come as soon as all the material is removed from the body. In all manner of diseases there is a substance, or substances, and that must come out, and heat and moisture applied will help remove it, if applied externally, and plenty of ground mustard or cayenne pepper applied externally, and plenty of hot tea or hot water taken internally, make a great remedy.

CONGESTION OF THE STOMACH.

When the stomach is inflamed and swollen, and the food does not digest in the allotted time, the blood rushes to the stomach and causes congestion. The blood leaving the limbs, they grow cold, the muscles contract causing pain, the stomach is gorged with blood, the circulation is partly stopped, and misery and pain are the results. The remedy is to remove the material that causes the inflammation, and thus aid digestion. To do this, place the limbs in hot water, place a cloth over the stomach, after dipping it in hot water, and drink hot tea. Keep this up until the blood has a free circulation, then go to bed, take a free sweat and follow the former directions for other diseases, in food and all.

When a man is diseased he has a lot of rotten matter in the system, and that has to be removed before relief can be obtained, and as soon as all that is gotten rid of he will have no pain. Then what he eats and drinks will build him up, if the food is perfect.

LIVER COMPLAINT.

Liver complaint is an old hobby, and I will show you what I get off on the professors of medicine.

I ask them to bring me a man with liver complaint—one who has all the symptoms—let me have charge of him and say I take him, expose him to smallpox, and let him have it, and say he gets well of smallpox; and then I ask them, “What about the liver complaint?” “Well,” they say, “the man would be well of liver complaint.” Very well; I have you where I want you now. Now, I agree

with you that his liver was affected, but no more than his whole human system was, and I say he was affected from the soles of the feet to the top of the head. Now, gentlemen, where is the rotten matter from that is cast out by the smallpox. Is it not from the soles of the feet to the crown of the head? They say, "Yes, sir." They say, "That will do; we surrender, and have no more to say, and give it up that you are right; we can see it in full." Now, finding that the whole human structure is affected with this rotten matter, you must give the body a general treatment, sweating freely, bathe freely, drink plenty of pure water, exercise freely, breathe pure air, and keep warm, especially the feet and hands. Don't worry about what you don't get; be patient, for contentment is worth more than money, and health is worth more than a mountain of gold, though men lose their health for money. Eat perfect food. (See General Instructions.)

HEART DISEASE.

Heart disease, or what is so-called, is when the system becomes filled with rotten matter, and when this material lodges in the heart it makes the heart or the muscles of the heart swell so that they become hard or stiffened, and while in that condition they cannot act, and thus fail to perform their functions. Then the heart fails to cast off the blood as fast as it is taken to it, and it becomes gorged with this blood, and the filth in the blood, for this filth is the cause of the trouble, and so when the heart becomes gorged with blood in that condition, and can't rid itself of the excess a man can't live, for it is just like stopping his wind. His life is short.

Now, to remedy all this make your blood pure, and let the heart get well, as no drug can remedy this. It is folly to suppose a drug would cast out the ten to fifteen pounds of rotten matter that would be in smallpox, from the human structure, as many professors testify, and they also testify that smallpox will cure heart disease. If a person has heart disease and takes the smallpox and gets well of it he will have no symptoms of the heart disease, for awhile. Now, don't imagine that that man can not have heart disease again, for that would be folly. Although it cures him at the time, I say, that whenever he fills up with grease and filth again he is very likely to have the heart disease again, for what caused it first will cause it again ; but the smallpox takes out the cause at the time, and leaves the body and heart cleansed of filth. Now, if you want to learn a lesson please adopt a plan to get rid of this stuff, and so get well. Sweat yourself freely, by methods spoken of in this work, keep the skin soft, moist and warm, and the feet and hands very warm, eat perfect food, drink plenty of water, exercise, rub the skin freely, breathe pure air ; live in a house where the sun shines and sleep in a room where the sun shines in, let the window down at the top one inch, and let the pure air in, for this is the greatest friend you have, and is the cheapest thing we possess,—cheaper than water,—as it costs neither labor nor money. Why do you destroy yourselves and then charge it to the Creator? Charge it to yourselves and blot out all the old charges. Take the burden on your own shoulders and carry it, for you and your forefathers have brought all this trouble on you. Now, if you want peace, health and pleasure, and happiness, you must reform. Stop violating the natural laws, and take hold of the perfect mode, and live as men and women should, and liver and heart disease, and all other diseases will be scarce. See what advice the doctors give to people when the smallpox breaks out : quit grease,

fats, salt, sugar, molasses, and all such stuff. Now, if these articles will make the corruption which is the cause of smallpox it is right to say they also make the corruption which is the cause of a bad cold, and all other diseases. A boil is corruption. (See Boils.)

CATARRH OF THE HEAD.

How catarrh of the head, or so-called, begins in a cold: The pores become closed, the broken-down tissue is not cast out, but is carried back to the lungs, head, and other parts of the body, the largest quantity being carried to the head, filling the cells, and this corrupt matter rots the head or the cells of the front part of the head, causing inflammation, swelling, pain and misery.

For a remedy one must take a general treatment and remove the cause, which is this corrupt matter. To do this take a free sweat, make the sweat pour off you; then rub the whole structure with ointment—oil and cayenne pepper—every night, wash with warm water and soap in the morning. Do this four or five days. Eat perfect food, exercise freely in the open air, keep the pores open thereafter and live for health.

Whenever rotten matter commences to be carried to any one place, that place or spot becomes inflamed, and heat sets in—that is, an attraction of the blood or water to the spot in order to remedy or to remove the material, and the blood being full of rotten matter, instead of remedying that spot it carries more material there and makes it worse, making it more inflamed. To stop all this get the blood clear of all rotten matter by sweating freely, use oint-

ment—oil and cayenne pepper—and follow the General Instructions, eating perfect food. (See Food for instruction. See My Wife's Experience in Catarrh of the Head, and read her experience in all diseases she treats.)

DIABETES.

Diabetes is caused by the pores becoming closed, the system full of sugar, and rotten matter, etc. The means provided to dispose of this mass of material is for the urine or water to carry it out of the system.

Now to effect a cure you must sweat freely, the same as in rheumatism or dropsy; use an ointment made of oil and cayenne pepper, the same as in rheumatism; eat perfect food, as directed in rheumatism, and you must not eat to gratify taste or eat very much until all inflammation is abated: drink plenty of pure water, exercise freely, let the sun shine in the bed-room and in the sitting-room; live in the sun all you can; breathe pure air; let plenty of air into the room, and never be frightened at night air.

BRIGHT'S DISEASE.

This may be caused by many different things: Liquors, beer, sugar, molasses, fats, grease, white flour and salt, all these causing irritation, and putrify-

ing in the system. It settles in the kidneys and muscles of the spine, decaying the kidneys, and making a rotten or corrupt matter that inflames the tubes or pipes, and hinders the passage of water. This rotten or corrupt matter passes out with the urine. Of this I have some experience myself. In 1873 my urine had considerable of material in it. My food at the time was the same as named above. The remedy was the same as in fevers. (See Perfect Food and General Instructions.)

DIARRHŒA.

The cause of diarrhœa is many times a mixture of foods. The stomach fails to digest all of it and it is moved down into the bowels. Many times too much food is taken into the stomach, and, not being digested, passes off into the bowels, causing inflammation and heat, and the rotten matter flows there, causing the bowels to decay, producing pain and many times flux. Diarrhœa is the stomach getting rid of material of some kind, where there is too much food and where there is a great mixture of food. When people will adhere to natural laws, then they may live without diseases, and not until then.

For a remedy quit the causes. Eat perfect food, drink plenty of water, and swallow large quantities of pulverized ice when the stomach is empty. The ice is the best thing to cool the bowels when there is inflammation in the bowels and stomach. Don't fear cramps, as the outer extremities will always get hot when you swallow ice. (See statements in Affidavits and Testimonials of Other People.) A

sweat will aid you and keep the pores open and the skin warm, moist and soft. An ointment rubbed on, made of oil and cayenne pepper is good for this. (See General Instructions and Perfect Food for a remedy in full. Follow them as in other diseases.)

SICK AND NERVOUS HEADACHES.

Sick headache may come from different causes. One is imperfect food; one is too much food; one is too much fat; and another is inflamed brain. Nervous headache is caused by the nerves and brain being affected by inflammation and swelling. Rotten matter is the greatest cause. Remove this rotten matter by sweating freely, eat perfect food, drink pure water, and all things will work well and the trouble will very soon cease to exist. In nervous headache and in sick headache drinking hot tea or water is one remedy, and another, is to take a dose of senna tea, which will cause an action of the stomach and bowels, and the surplus will be removed from them, and you will soon have a passage. If many people will drink a pint of hot water and bathe the feet with hot water, they will get relief at once. To prevent headaches eat perfect food and all will come right in a few weeks. I know, as I "have been there," and now I very seldom have headache or sour stomach, but I do not eat butter, fats, grease, sugar, molasses, pies, cakes, or any such stuff. My dinner to-day consisted of beef, brown-bread, celery, and a cup of coffee, and how pleasant I have felt all the afternoon, and I would be better off without coffee.

SORE THROAT AND BRONCHIAL TUBES.

Sore throat and sores in the bronchial tubes are caused by a flow of rotten matter and broken-down tissue, and it rots the parts affected the same as it does in consumption, sore nose, catarrh of the head and rectum. It rots the skin off.

Now, to effect a cure, use ice inside, keep it in the mouth and swallow some. A hot application, outside, to the throat and chest, made of oil and cayenne pepper, and sweating the whole body, is a very essential thing. Keep the pores open all over the body by baths and applications of oil and pepper. This will be a great help to remove the cause and relieve the person immediately. A general treatment of the body is necessary, and perfect food is as necessary as the part named above. Pure air and sunshine are also of great importance.

BRONCHITIS.

Bronchitis is an affection of the glands of the wind-pipe or air-pipe to the lungs. This is caused by a flow of rotten matter or corruption and broken-down tissue, which rots the tissue or membrane, and makes that part or parts sore and inflamed, swollen and irritated.

To remedy it bathe in tepid water, with plenty of cayenne pepper in the bath, swallow plenty of pulverized ice, eat perfect food, breathe pure air and take plenty of exercise, letting the sunshine into your sitting-room and bed-room, and live for health and not for habit, taste and fashion, for that kills thousands annually.

BALD-HEAD.

Bald-head is caused by wearing tight and warm hats—hats that retain the heat so it heats the head. How many bald-headed women did you ever see? It has been noticed by men who have traveled in countries where other men are called heathens, that they wear something loose and porous, and as a consequence are not bald-headed. Now, to avoid bald-headedness, punch holes in your hat. I have done that for ten years. I am fifty years old and not yet bald-headed.

SORE AND GRANULATED EYES.

This is caused, in all forms of sore eyes, inflamed eyes, or lids, granulated eyelids, etc., by a flow of rotten or broken-down tissue to the eyes. Now, to effect a cure, one must sweat himself freely, rub well with a warm, dry sheet, take cocoa-nut oil, or sweet oil, or cotton-seed oil,—one pint of oil and one ounce of pulverized cayenne pepper—mix the pepper and oil well, and when you are ready to go to bed rub this mixture all over the whole human structure, except the face and head, and next morning wash with a little water and soap, and rub dry with a warm sheet, and bathe the eyes with warm water by taking six or eight thicknesses of canton flannel, and dipping it in hot rain water, and placing it over the eyes. Repeat this, keeping it up for three hours, and then place a dry piece of canton flannel over the eyes, letting it remain all night.

Eat perfect food, which makes perfect blood, and soon all the soreness will be gone, and healing will begin, and very soon all will be well. No one can get well of sore eyes unless they quit the cause that made them sore, and that cause is grease, fats, salt, sugar, molasses, candies, and all imperfect food. White flour is very bad. Now, don't say you will starve for there are over one hundred perfect things to eat. I find plenty.

BLEEDING PILES.

This is caused by rotten matter and broken-down tissue being carried to the rectum by the blood decaying, and the membrane or skin of the rectum and the ends of the silken veins decaying, producing heat and inflammation, and expanding the arteries and veins; the blood rushes out where the ends of the veins and arteries are rotted off. I have experienced all this, and know whereof I speak.

For a remedy sweat the whole structure freely, and get rid of twelve to sixteen pounds of rotten matter and broken-down tissue; bathe frequently, and use syringe and tepid water first, and then cool water. Syringe the rectum for one hour at a time, twice a day, as long as there is soreness, and use the ointment—oil and cayenne pepper—one night on going to bed, and follow the instructions given heretofore. Eat perfect food. (See Food and General Instructions.)

CONSTIPATION.

Most all the foods eaten nowadays are mixtures prepared for the flavor, taste and pleasure one may enjoy in eating it, and no thought is given to the needs of the body, bowels, organs and brain, bones, nerves, leaders, etc. The cause of constipation is a lack of the bran that is in grain, and other foods. I speak from experience. For months I was constipated, and had no passages only by artificial means, pills, salts and other purgatives, and I suffered many times for months, causing piles and an inflamed rectum; and as long as I lived on grease, butter, lard and hog meat, pies, cakes, jellies, preserves and white flour bread, I found no relief, yet doctored all the time. But when I made a change to perfect food I was relieved. The bran in the Graham flour cured me, and it will cure constipation in any one and drugs will not; for you have to stop the cause, which is bad food. (See Perfect Food.)

CONTINUANCE TO URINATE.

The cause is a derangement of the body, the nerves, bladder, and the pipe leading from the bladder is inflamed and irritated by the rotten matter. For a remedy, sweat the patient freely, remove all the rotten matter, bathe frequently, and eat only grains and watery vegetables, as they are best in this case. I have noticed on myself when I eat acid fruits my urine flows too freely, and I have a boy, who, while at the age of from three to eight years, whenever he ate several acid apples was very apt to wet in the bed

at night. But this has other causes. The use of imperfect food causes a derangement of the whole system. Eat perfect food. (See Foods and General Instructions.)

WORMS.

The causes are bad foods, sugars, etc., and, as there is nothing without a cause and nothing without a substance, so there is a cause for worms. They breed in the stomach from bad food. Stop the cause, sweat the patient, giving large quantities of hot water or hot tea to drink, and after this give a mild physic. I use senna tea, as it is mild, in all cases where I use a physic. Any other physic that is mild and causes little pain or sickness will do. Eat perfect food. (See Food and General Instructions.)

MUMPS.

Mumps are caused by inflammation, and it takes a material to produce this inflammation. Now, remove that material and all the swelling and inflammation are gone. To do this take one-half gallon of wheat bran, and two ounces of ground mustard, and make a mush of the bran, putting the mustard in it, and take a cotton sack that will hold a gallon; put the mustard in the sack while it is hot, and tie it up, and when the person is ready to go to bed

place this poultice to the jaws, and tie a strip of muslin over the head, and around the sack of mush or poultice. My wife has tried this, and the result was that all the swelling and soreness were entirely gone in one night, and a permanent cure was effected. (See My Wife's Experience.)

MEASLES.

Measles is a disease similar to smallpox, in one sense, as there is a large amount of corruption cast out. The remedy is ice or cold water taken internally, and an ointment outside, made of cayenne pepper and sweet oil, or cocoa-nut oil, or cotton seed oil,—one pint of oil and one ounce of cayenne pepper, pulverized, or one-half pint of oil, and one-half ounce of pepper,—rubbing the whole human structure. This can be applied for chicken-pox, and in fact, is good in many diseases. It softens the skin, opens the pores, and lets out the rotten matter and broken-down tissue, and that is what is necessary in many diseases. (See My Wife's Experience.)

ASTHMA.

Asthma is very easy to account for. The blood is full of rotten matter and broken-down tissue, and it flows to the wind-pipe and the bronchial tubes, and makes them sore, inflamed and swollen. This rotten matter fills it so that it is difficult to

breathe, and the lungs fill with the same kind of material.

Now, to remedy this swallow ten or twelve glassfuls of pulverized ice, bathe in tepid water, putting in the bath a half tablespoonful of pulverized cayenne pepper, and after the bath rub dry, and then rub the cayenne pepper over the limbs; for instance, put a little in the palm of your hand, drop a few drops of water on it, and rub your two hands together, and then rub the limbs thoroughly. Do this once a day, and eat perfect food, living correctly, and let all the rotten matter and broken-down tissues out of your body. Eat perfect food.

FITS.

There is nothing without a cause and nothing without a substance or substances. Now find the cause for fits. (See description of Smallpox.) See how much rotten matter is cast out of a person by smallpox. From a full-grown person from ten to sixteen pounds of rotten matter are cast out. Now, here is the cause and substance. This material deranges the brain, the nerves, the muscles, and all the organs, and stops the machinery of the body from work. The whole machinery becomes clogged and can't work. Now, to remove this cause or substance from the body, sweat the patient freely two or three times, rubbing the whole structure with an ointment made of oil and cayenne pepper, wash the body once a day with tepid water and soap after rubbing on the ointment. Keep the feet warm all the time, and eat only two meals each day, breakfast and dinner, and of perfect food. At night swallow four or five glassfuls of pulverized ice—the

more the better—have pure air and sunshine, and exercise. Contentment is a great help. Eight or nine hours' sleep at the regular time—say from eight or nine o'clock in the evening until five or six in the morning—is of great importance. This sleep is needed by everyone. Man steals his health and life away from himself when he deprives himself of sleep. Many people kill themselves this way. (See Perfect Food and General Instructions.)

SUMMER COMPLAINT.

Summer complaint is caused in many infants by impure milk from the mother's breast, which ferments in the child's stomach and bowels, causing many ailments. The remedy is, first the mother must eat perfect food, so as to have perfect blood herself, and perfect milk for the child. Bathe the child in warm water, rub its whole body with ointment,—oil and cayenne pepper of half strength,—and when the child is cramped or colicked dip a cloth into hot water, and after wringing it out place it on the stomach, change often, and place a jug filled with hot water at the feet, and keep the child warm.

Diarrhœa is caused by bad food, and too much food in many instances, and in infants by bad milk made from bad food. All these diseases can be traced to bad food and other similar reasons. Now, stop the cause, and that is easy to do. A healthy mother and perfect food will do much towards remedying all manner of ailments in infants, and have much to do with the adults. The head of the family should know all about health and disease, so as to avoid all manner of diseases, and as there is nothing without

a cause, and nothing without a substance, remove the substance and the cause is gone. Remove the substance, and then the blood heals the wound, and repairs all the destruction, or heals over what is left. It will not rebuild lungs in full, but will heal over what is left undecayed, and that is all that is needed to stop the destruction.

INFLAMMATORY RHEUMATISM.

CAUSE—The pores get closed, the rotten matter is retained in the system instead of passing out from it through the skin. Inflammation and pain, more or less intense, is the certain result. The swelling stops the circulation of the blood, the veins and arteries become gorged, causing fever and sharp pains.

REMEDY.—Sweat freely, as directed in other parts of this work; rub the entire body with ointment made of oil and cayenne pepper at night on going to bed. In the morning wash the body with tepid water and soap. Wipe dry with a well-warmed sheet covering the body, keeping the feet warm always. Eat perfect food, as to which see the article headed Perfect Food. (See General Instructions.)

CANCER.

CAUSE.—As there is nothing without a cause there is a cause for cancer. Finding there is no such thing as roots eating the flesh, I had to look elsewhere. The true cause is rotten or corrupt material

flowing to the place or spot where the cancer shows itself. This rots the flesh where it locates, and makes that spot the point of discharge. This is the cause in scrofula, consumption and in many other diseases, wherever this rotten matter comes to the surface. Not only do I state that this corrupt matter rots the flesh, but I will forfeit a thousand dollars to any "medical professor" who will show me a cancer's roots which really eats flesh.

REMEDY.—Sweat the body freely; bathe the decayed spot with hot water, three or four hours at a time, then place a plaster made of Graham flour and cayenne pepper over the cancer, and let it remain there. Let the patient be dieted, eating perfect food and following the general instructions given elsewhere. On a small cancer, a salve made as directed for cuts, will be beneficial. It should be applied after the hot water.

YELLOW JAUNDICE.

CAUSE.—The system becomes filled with bile and filthiness. (See description under Bile.) The blood is charged with rotten matter, and distributes it in every direction through and over the skin.

REMEDY.—Take a sweat each day for two days, as named before, and diet the patient with the perfect food elsewhere described. Keep the feet and hands warm, rub the ointment composed of oil and cayenne pepper all over the body, for two nights on going to bed. Wash it off in the morning with the tepid water and soap, rubbing dry with a warmed sheet or cloth. Rub the skin thoroughly, using plenty of friction. (See General Instructions.)

WHOOPING COUGH.

CAUSE.—This is found in the fact that the system is full of rotten matter, which flowing into the lungs and windpipe, causes a sensation which brings on the cough.

REMEDY.—Sweat the patient freely, rub the ointment of oil and cayenne pepper on the patient for two nights on going to bed. Wash off in the morning with tepid water and soap, rub dry with a warm sheet or cloth. Diet with perfect food. (See General Instructions.)

CHOLERA MORBUS.

CAUSE.—Too much food in the stomach which the gastric juices can not digest. The blood leaves the limbs and rushes to the stomach, leaving the flesh and muscles to grow cold. Contraction naturally follows, and severe pains called cramps set in. The blood engorges the organs, the broken down tissue or decayed matter is carried back to them, causing inflammation in the stomach and internal organs. The broken-down tissue now becomes decayed or rotten matter, settling in different parts of the flesh, body, and head, rotting the flesh and causing pain, and this matter is so much fuel, producing heat or fever, as it is commonly called, in the body.

REMEDY.—Place the limbs in hot water, and drink hot tea or hot water freely. When relief comes,—and it will come quickly,—fill two or three jugs with boiling water, place them in the bed which should be well warmed, put the patient in the bed, placing the

jugs as near as he can bear them, give hot tea or hot water, and sweat the patient freely two or three hours. After sweating wash off with tepid water, wiping dry with a warm sheet or cloth. At night, on going to bed, rub with ointment of oil and cayenne pepper, and let the ointment remain on him until morning, when patient should be well washed with tepid water and dried with warm sheet or cloth. Be careful about the food, as the stomach is very weak, and will be so for several days. (See General Instructions.)

FEMALE DISEASES.

Female diseases are all caused by rotten matter and broken-down tissue. These can be removed, the same as in other diseases, entirely from the body.

When there are from twelve to sixteen pounds of this putrid, corrupt material in the human structure, (see Small Pox and description), that material naturally and inevitably inflames the part or parts diseased. Now, to remove this, sweat freely, use the ointment before named, made of oil and cayenne pepper, freely every night; put on some warm old clothing for the night. In the morning wash off the ointment with tepid water and soap, rubbing the skin hard until perfectly dry. Eat perfect food, breathe pure air, and sleep in a room where the sun shines. Let the sunshine come into the room as much as possible; never mind about the carpet fading; better *that* should fade than *you*. Dress with loose clothing, keep the feet and hands warm, the feet dry except when you bathe them, which should be often. Bathe the whole body frequently; once a day is best, but by all means bathe twice a week. Walk freely, or work at something which

calls into free use all the muscles of all the limbs. Exercise is a great curative. It causes millions of particles of broken-down tissue to be cast out of the body, and so frees it from corruption. In all womb complaints, and especially in whites, let the sufferer take pure rain water, blood warm. and use it with a syringe twice a day. This will always remove the corrupt matter, and soreness and inflammation will disappear. Take a gallon of wheat bran, one teacupful of ground mustard, mix them into a stiff mush, which is to be placed in a sack of convenient size and shape. On going to bed place this sack, filled as stated, over the part affected. on the lower abdomen, for two hours. When taken off cover all the place where the sack has been with white flannel until morning.

EAR ACHE.

THE CAUSE.—As there is nothing without a cause, and nothing without a substance, so there is a cause for this. There is an accumulation of material affecting the organs of the ear and head, and this is rotten matter and broken-down tissues carried there by the blood, decaying the organs of the head or rotting them, causing severe and intense pain.

FOR A REMEDY.—Sweat and bathe the person; wash and wipe dry. Afterwards, and while sweating the person, dip cloths in hot water and apply them over the affected ear, repeating this quite often. After this tie cloths around the ears to protect them from the air. Use the ointment of oil and cayenne pepper one night, on going to bed, and follow the instructions given heretofore, and eat perfect food. (See Food for instructions, and follow General Instructions.

F A I N T I N G .

THE CAUSE.—The blood flows to the stomach and brain ; they becomes engorged, a high temperature produces a sickening sensation.

FOR A REMEDY.—Place the limbs in hot water as soon as possible, give the person cold water or ice internally as soon as he revives. It is highly beneficial to give the patient a sweat, and let him eat but very little food for a day or two, letting the temperature be reduced. That can be easily done by eating but very little food, as food is the fuel and produces the heat. Bathe frequently in tepid water, and keep patient warm. (See Perfect Food for instructions and follow General Instructions.)

D A N D R U F F .

The cause is, the material or broken-down material from the body and head is carried out through the pores of the skin of the head by the blood. It not being a disease, as is thought by many, but it is something that can not be stopped or prevented without death to the person, for this is as necessary as it is for a person to eat. This is only the waste material and broken-down tissue, and it has to be gotten rid of through the pores of the skin of the head, and so it becomes as necessary to wash and clean the head just as often as you would the body ; wash the head frequently. In bathing the body notice how white the water looks after bathing ; this is broken-down tissue that has been cast out through the pores of the skin by the blood. It is folly and

a great mistake to use any patent remedies, or any other remedies, to try to cure or stop the dandruff of the head, for if this was done one could not live long. It would be similar to painting a person and closing the pores, and thus retaining this broken-down tissue. One would live but a very short time in this way. It is necessary to get rid of all this material, and it is cast off from the head as rapidly, or more rapidly, than from any other place. Wash it off and keep it clean is all that is necessary. Get rid of the hobby of thinking it a disease, as many patent medicine venders have made people believe, claiming that they had a remedy to stop the flow of dandruff. This is all folly; money only is their object, no matter how they get it.

HEARTBURN.

Heartburn, as it is commonly called, is not heart-burn, but stomach-burn is the true name for it. Reader! remember, when you have heartburn it is caused from improper food or material in the stomach, and so call it stomach-burn. The fuel taken into the stomach produces a high degree of heat in the stomach and it is the stomach-burn instead of heartburn. The heart has no means or outlet to throw this hot material up into your throat and mouth, as is the case when you have what you call heartburn; but instead of the heart it is all in the stomach. The feet, hands, and limbs become cold, and the broken-down tissue of the body is carried back by the blood; and as the blood is likely to flow to the stomach to aid and assist the stomach to carry this broken-down tissue, when it is carried to the stomach, it being fuel, helps to produce the

heat in the stomach. For a remedy, put the hands and feet in hot water, drink hot tea made of some common herb, and when relief comes, bathe the person, wipe him dry, and be careful what he eats, letting him eat perfect food. (See Food for instructions, and follow General Instructions.)

CRICK IN THE BACK.

The cause of this is that the rotten matter and corruption or broken-down tissue is carried to this place, or spot, causing inflammation, swelling, hardening of the flesh, and a high temperature of heat, and when quickly put into action causes the crick, which is a sudden shock. For a remedy, sweat the person freely and use the ointment of oil and cayenne pepper, one night, on going to bed. Let the patient eat only perfect food. (See Food for instructions, and follow General Instructions.)

STITCH IN THE SIDE.

The cause of this is, the rotten matter and broken down tissue is carried to that place, or spot, and causes inflammation, swelling, and hardening of the flesh, and when moving is felt by a sudden shock. For a remedy, sweat the person freely at night, and on going to bed, use the ointment made of oil and cayenne pepper (see instruction given heretofore), and make a stiff mush of wheat bran and ground mustard as directed heretofore, place this over the spot affected on going to bed and bind it on, letting

it remain until morning. Eat perfect food. (See Food for instruction. and General Instructions.)

CRAMPS.

The cause is, the blood leaving the muscles they become cold and contracted, and this is called cramp in the part affected. For a remedy, place them in hot water, as hot as the patient can bear, and after relief comes wipe them dry, and rub the ointment of oil and cayenne pepper on them. The cause of the blood leaving the limbs is from trouble in the stomach and internal organs. Remove this cause and the blood will flow freely to the limbs. This may be done by drinking hot tea, and applying hot blankets, dipped in hot water and wrung out, over the stomach. Cramps in the stomach are caused by taking too much food, or mixtures of foods, into the stomach. The blood thus leaves the limbs and flows into the stomach. The limbs may become cramped also. For a remedy, dip cloths into hot water, and wring them out, and place the cloths over the parts affected, and drink hot tea of some common herb. Place the limbs in hot water, and if the patient is not able to sit up fill jugs with boiling water, and place them in bed close to the limbs of the patient, and also the outer extremities, having the water as hot as the patient can stand and so get up a free circulation of the blood. This circulation must be obtained, for whenever there is a trouble in the stomach the blood leaves the limbs and rushes to the stomach. To relieve the stomach be careful of food, eating but very little for several days as the stomach will be very weak and not able to digest much food. Eat perfect food. (See Food for instructions, and see General Instructions.)

SOFTENING OF THE BRAIN.

This may occur in two or three different ways: One by not feeding the brain the right amount of phosphorus, and another by the flow of rotten matter and broken-down tissue being carried to the brain by the blood and water that is retained in the system, similar to dropsy, and which causes the pores to become closed. The water so retained, and the rotten matter and broken-down tissue are carried back to the brain, decaying or rotting and softening the brain at the same time. The brain being inflamed, swollen, and rotting, produces this trouble. For a remedy, sweat the person freely, and take cloths, and after dipping them in hot water, bind them around the head. Repeat this quite often and so keep the pores of the head open. After this is stopped bind some cloths around the head, to keep the air from coming in contact with it, so as to keep the pores open. Let the surplus of rotten matter and broken-down tissue and water escape through the pores of the skin of the head. At night use the ointment made of oil and cayenne pepper, as heretofore directed, for one or two nights, and bathe the patient freely. Eat perfect food; food that has plenty of phosphorus in it, such as whole wheat ground, and oats made into Graham bread, or rolled wheat, or oat-meal porridge. This makes a good brain-food. (See General Instructions.)

VOMITING.

The cause is, the stomach becomes inflamed, and the human system is charged with rotten matter and broken-down tissue. This is retained in the human

structure, and then a great amount of food is taken into the stomach which is not digested. The gall-bladder empties its gall into the stomach and produces a sickening sensation, and then for relief the stomach makes an effort to throw up what it contains. By vomiting it throws this off the stomach, and it partly relieves the stomach. This gall shows that the human structure is charged with rotten matter and corruption and broken-down tissue. For a remedy, sweat the person freely as heretofore instructed; take crushed ice internally, after the stomach becomes empty, as it will subdue heat, inflammation, swelling, and soreness of the stomach quicker than any other one thing. If the patient is afraid of the ice give him hot water, or hot tea made of some common herb. Be very careful and let him eat but very little food for several days. Give about two meals a day—breakfast and dinner, only ice for supper,—and the patient will be greatly benefited. The ice keeps down heat or fever, and makes away with the soreness and pains, and gives more relief than any other one thing. (See Perfect Food, and General Instructions.)

SNEEZING.

The cause is the outer extremities get cold, and the pores becoming closed, the broken-down tissue and rotten matter is retained in the body, and the blood carries this material to the nose, and all other parts of the body, and it oozes out through the skin of the nose. It decays the skir of the nose, causing a tickling sensation which makes one sneeze. For a remedy, sweat the person freely, as directed heretofore, bathing frequently, and eating perfect food. (See Food and General Instructions.)

BAD BREATH.

The cause is, where a person does not bathe frequently, the pores become clogged with the broken-down tissue forming into wax or glue combined with the external dirt. This material remains on the skin and clogs the pores and retains the broken-down tissue in the body, and the blood carries it back to the lungs. The lungs throw it out when the air is thrown out. The material comes in contact with the organs of smell, and to a person who has acute sensibilities of smell it is very offensive, as I know from the experiences I have had a number of times myself, standing close by people whose breaths were very offensive and smelled almost like a rotten carcass. If this is let run any length of time the person is liable to have consumption as this corruption is likely to rot the lungs, or if it is carried to the head and flows to the front part of the head it is very likely to cause catarrh of the head, as catarrh may be produced in this way. As many people go weeks, months, and some even go a year without a bath, this is frequent.

For a remedy sweat the person freely as heretofore instructed, using the ointment made of oil and cayenne pepper for two or three nights on going to bed, and follow the other directions given, bathing the person once a week thereafter, without fail, and eat perfect food. (See Food and General Instructions.)

HOW TO CURE A SPRAIN.

If of a limb, bathe in hot water three or four hours, keeping the temperature up as high as the patient can stand, and take one gallon of wheat

bran and a teacupful of ground mustard, and make them into a stiff mush. Put the mush into a sack, and if it is an ankle or a wrist, put the hand or foot in the sack with the mush, drawing the mush up around the limbs and bind some other cloths around it. Do this on going to bed. In the morning wash the bran off, rubbing it with the ointment made of oil and cayenne pepper, so as to prevent the pores from closing, and thus taking cold in it. Be careful to keep it well protected and warm and dry, so the pores will not close, for if the pores should close, the broken-down tissue would remain, and flow to that spot or place, which would cause inflammation and soreness. Eat perfect food and bathe frequently. (See Food for instruction, and see General Instructions.)

HOARSENESS.

CAUSE.—One cause is the rotten matter and corruption. Another is, that the broken-down tissue not being cast off through the pores of the skin, it is carried back to the lungs and bronchial tubes, wind-pipe and head by the blood flowing to those parts, laden with the corrupt matter. When the lung cells are filled up with this, expansion and contraction are hindered, inflammation follows, the lungs and other organs swell, become sore and out of condition generally.

REMEDY.—Take plenty of crushed ice or cold water internally as soon as the stomach becomes empty of food. Bathe the feet, keep the hands and feet very warm, and bathe frequently in tepid water. Eat perfect food as given elsewhere, and follow General Instructions.

COLIC.

CAUSE.—Mixed food in the stomach which it cannot digest on account of foul gases formed there. The blood leaves the limbs, rushes to the stomach, which is the scene of the difficulty, thus rendering the flesh and muscles cold, and cramps follow. The blood becomes stagnant in the organs, causing them to be gorged and inflamed.

REMEDY.—Place the limbs in hot water. Then take a cloth folded in five or six thicknesses, put it into hot water, wring it out carefully, and place over the patient's stomach. Give hot water or hot tea to drink. Sweat the patient freely, and diet with perfect food, as per description elsewhere.

SWOLLEN LIMBS.

CAUSE.—The pores are closed and thus the broken-down tissue, water and air, are retained. Putrification begins, and the foul watery fluid rotting the flesh causes severe pains. Swelling naturally follows, which closes the veins, by pressure and engorgement, and the flow of blood is stopped.

REMEDY.—Place the limb in a tub of water, letting it remain there about three hours, during which the water should be continually kept as hot as it can be borne by the patient. After this bathing, rub the limb well with oil and cayenne pepper ointment. The cure will be quickened if the patient sweats freely after bathing. Only perfect food should be eaten.

WHITE SWELLING.

CAUSE.—Two-fold. First, from the use of too much grease, fatty material is rotting in the system; second, the broken-down or vitiated tissue not being cast out through the pores of the skin it is carried back by the blood and settles at the spot affected. Inflammation and swelling result from this, as well as decay of the bone, and intense pain is felt. Sometimes a bruise or other injury locates the exact spot where the rotten matter seems chiefly to settle or lodge.

REMEDY.—Sweat the patient thoroughly and apply a poultice made of wheat bran and mustard immediately over the part affected. See instructions elsewhere as to how to make the poultice. Use ointment of oil and cayenne pepper all over the body three or four nights. Wash nicely in the morning with tepid water and soap. Dry thoroughly with warm cloth. Eat perfect food and follow General Instructions.

SPINAL AFFECTIONS.

CAUSE.—The pores being closed, the rotten matter which should be thrown off through them is kept in the body, and by the blood's flow is carried back to the spinal column and marrow of the spinal column where it settles, causing inflammation and swelling. It rots the marrow and the muscles, causing pain, with more or less fever and affection of the brain.

REMEDY.—Sweat the entire body as before set forth. After sweating, wash the body with tepid water, drying thoroughly with warm sheet or cloth.

For two or three nights before going to bed rub the entire body well with ointment of oil and cayenne pepper, which should be washed off in the morning with warm water and soap. After each washing dry the skin thoroughly by rubbing with a sheet or large cloth, covering the body so as to protect it from drafts of cold air. Especial care should be taken to avoid all food of a greasy nature. General Instructions and Perfect Food should be consulted for further details.

MENINGITIS.

CAUSE.—The pores of the skin being closed, the rotten matter and vitiated broken-down tissue is carried back into the body by the blood. It settles all over the human structure generally, and exerts its corrupting, decaying influence wherever it lodges. Unnatural heat, with the head seriously affected, are the results.

REMEDY.—Sweat freely, as before described. Use the cayenne pepper and oil ointment by rubbing it over the body each night for three or four nights. Tepid water and soap for a thorough wash in the morning. Wipe dry with warmed sheet, covering the body. Use only Perfect Food and follow General Instructions.

SCARLATINA.

CAUSE.—The pores becoming closed, the rotten matter in the system can not pass out through them, and remaining in the body it is carried back by the

blood to all parts, causing inflammation, sometimes swelling, accompanied with pains wherever it settles in the various organs as well as the flesh generally. Frequently the head is seriously affected.

REMEDY.—Sweat the entire body freely, as before directed. After this, wash well with tepid water, using a warmed sheet or large cloth thrown around the body to dry with. On going to bed for three or four nights use ointment of cayenne pepper and oil, washing it off nicely in the morning with tepid water and soap, being careful to wipe the skin thoroughly dry, while the patient is protected from cold air or draft by the sheet thrown around him. Give perfect food and follow General Instructions given elsewhere.

ST. ANTHONY'S DANCE.

CAUSE.—Nervous prostration and inflammation of the brain, brought on by the rotten matter and broken-down tissue remaining in the system, it being impossible for them to escape through the closed pores of the skin. The blood being loaded with this matter, carries it back to the nerves and the brain, causing inflammation to these and the muscles, also affecting the brain to an extent which produces various degrees of unconsciousness in the sufferer as to his or her actions. The mind seems to run on in an aimless way without any definite object, while the nerves, etc., are deranged so as to be beyond control. Involuntary jerks and twitchings are usually seen.

REMEDY.—Remove the cause by sweating freely. Use the ointment of oil and cayenne pepper as directed in other cases, following the hints given under Perfect Food and General Instructions.

NEURALGIA.

CAUSE.—The pores are closed, very often by exposure to a draft through an open window or door. The rotten matter and broken-down tissue thus being retained in the body instead of thrown off from and out of it, the blood carries it back to the head or jaw, for example, affecting the nerves of the teeth and jaw and often, by sympathy, those of the entire face and head. This lodgment of decayed matter rots the nerve, causing inflammation and pain.

REMEDY.—Sweat the person freely, using the oil and cayenne pepper ointment as before directed. As to food and other details of treatment see General Instructions.

DYSPEPSIA.

It is caused in different ways. First, the use of grease, fats and salt. Second, too much acid. Third, too much tea and coffee. Fourth, by beer and liquors. Fifth, the accumulation of broken-down tissue and rotten matter.

We will look at these in the order named. First, grease, fats, and salts produce a great amount of heat in the stomach, causing a flow of rotten matter to it, decaying its muscles, swelling and inflaming its lining or membranes, and producing the high degree of temperature called fever. Second, by too great an amount of acid in the stomach, the muscles are dissolved, their substance disintegrated, and natural debility, along with fever, heat and inflammation, is sure to follow. Third, tea and coffee belong to that class of stimulants which produce irritation. Acting

in and upon the stomach, this irritation brings on an excessive flow of blood to the stomach, where it stagnates and leaves its load of decayed tissue and foul matter, and all this surely aggravates the disease. Fourth, liquors, being largely composed of carbon, are equal to grease in producing excessive heat, thus exciting a flow of blood laden with the broken-down tissue, etc., to the stomach already inflamed and in a feverish state. At this very point we have the birth-place of many other diseases, for instance, typhoid and other forms of fever. The blood, leaving the limbs, rushes to the stomach to aid and assist it in its distress—following the universal law that the blood always flows to an oppressed or injured part or organ of the body. Fifth, by permitting the limbs to become cold, the pores are closed up, hence the broken-down tissue and rotten matter remain in the system and is distributed and deposited in the lungs, head, stomach, and other organs, decaying those parts, as well as the flesh generally. Pain, with excessive heat, commonly called fever, follows, along with general debility and discomfort.

REMEDY.—Quit the cause, whether it be one of the five causes, or two or more combined. Sweat the body as previously directed. Use the oil and cayenne pepper ointment for three or four nights on going to bed. As to food, see Perfect Food. General Instructions, given elsewhere, should be followed.

SCIATIC PAINS.

CAUSE.—The pores being closed the broken-down tissue and rotten matter remain in the body. The blood takes them up, carries them back to the

various parts affected where the foul matter is deposited. This causes inflammation, swelling, rotting of the tissues of the muscles, decays even the marrow in the bones, all accompanied by sharp pains.

REMEDY.—Sweat the patient freely, as shown heretofore. Rub well with the ointment made of cayenne pepper and oil. Follow General Instructions and description of Perfect Food elsewhere given.

DIPHTHERIA.

CAUSE.—The closing up of the pores of the skin prevents the carrying off of the broken-down tissue. It is, therefore, of necessity borne back in upon various parts of the body, more especially the throat, windpipe and lungs, where it becomes a cause of decay in the skin and membranes. Inflammation, swelling and irritation now create itching or tendency to cough, accompanied by choking.

REMEDY.—Sweat the entire body freely. But if the patient is a small child, take a blanket made wet in warm water, wrap around the child and place him in bed, well covered up, for twenty minutes. Then have ready a warmed sheet, rub the child thoroughly with it, at the same time giving plenty of some hot tea made of any common herb, provided the child is old enough to drink it. When put to bed, fill a jug with boiling water and place it at the patient's feet. Give plenty of water or tea to drink. For at least several days use only perfect food, and follow General Instructions.

INTERNAL CANCER.

CAUSE.—The broken-down tissue being unable to pass out through the closed pores of the skin it becomes rotten matter. It is carried back by the blood to some particular spot where it creates swelling, inflammation, and soreness, and rots the flesh.

REMEDY.—Open the pores at once by external heat and sweating freely, as before described. Take an abundance of ice internally. Ice, by the way, will subdue heat, and inflammation, more rapidly than any other one thing that can be used. Rub the entire body, before going to bed, with the ointment of oil and cayenne pepper, wash the person thoroughly in the morning with warm water and soap. The body should be carefully dried with a warmed sheet or cloth of sufficient size to cover the person while being dried, so as to prevent the bad effects of a current of air upon it while the pores are open. Great care should be taken as to food. Let it contain no grease or fat; Graham flour, oatmeal porridge, fruits with little acid in them, watery vegetables raw if possible, should be the diet. Exercise in the open air and take as much sunshine as possible. Let the sunlight into the apartments, especially the sleeping room. (See General Instructions.)

WEN.

The pores being closed, the broken-down tissue necessarily remains in the body, together with foul air, inflating or puffing the part, and the formation of the sack and hardening of the flesh follows.

REMEDY.—Sweat the whole body freely. Make a poultice of mustard and wheat bran, apply it to the wen for three or four nights. (See description of the poultice elsewhere.) In the daytime, for six or eight days, keep upon the wen a cloth made wet with ointment of oil and cayenne pepper. No grease or fat should be eaten, and General Instructions found elsewhere are to be the guide.

DEAFNESS.

CAUSE.—The pores being closed up, preventing the waste or broken-down tissue from passing off through them as it should do, it is carried back by the blood to the head and internal organs of the ears, where it rots, thereby inflaming the most delicate parts, causing them to swell and preventing their action.

REMEDY.—Where these organs are not entirely gone or destroyed, they can be brought into use again by sweating the person freely, thus getting rid of the corruption which is the cause of the trouble. The ointment of cayenne pepper and oil should be used externally. The external parts should at the same time be kept warm, as well as the hands and feet. General Instructions should be followed.

BLURRED OR DIM SIGHT.

CAUSE.—The broken-down tissue is retained in the system on account of the pores through which it should escape being closed up. This matter being

borne by the blood in its circulation, affects the pupil of the eye, inflames the eye itself by befouling the eye-water, the membrane is rotted, more or less, and the sight wholly or partially destroyed.

REMEDY.—Where the sight is not entirely gone, sweat the person freely—the entire body and limbs, as before described. The oil and cayenne pepper ointment should be freely used also on the entire person, and washed off each morning with soap and tepid water, wiping dry with a warm cloth or sheet. Besides following General Instructions found in another place, the patient should eat only perfect food (which see), and by all means must have exercise in the open air. Let him breathe pure fresh air by day and by night, with all the sunshine possible.

ULCERS.

These are caused by retention in the system of broken-down tissue and rotten matter. The blood carries these to the particular spot, rotting it, and causing fever or excess of heat, inflammation and intense irritation.

REMEDY.—First sweat the whole person freely, as already directed elsewhere. On the sore itself place a poultice made of wheat bran and ground mustard. The ointment of cayenne pepper and oil should be freely rubbed on the body and limbs. My General Instructions, found in another place, should be followed as to diet and bathing.

HEMORRHAGE OF THE LUNGS.

What is commonly called this takes place after the lungs are more or less completely destroyed or decayed. When the pores become closed the broken-down tissue and rotten matter are carried back by the blood to the lungs. This rots the lungs and the membranous lining of the nose, as well as the ends of the numerous small silken or silk-like veins in the lungs. The blood flows out through these little veins into the air-cells of the lungs, causing in them an oppressive sensation. The lungs make an effort by coughing to throw up the blood, and so we have what is called hemorrhage. By some it is styled bleeding of the lungs, but it is self-evident that there would be no blood coming from the lungs unless the veins and arteries were affected and rotted off.

REMEDY.—First, as soon as the stomach is empty, take an abundance of ice internally. Externally, use the ointment of oil and cayenne pepper, which should be made as strong with the pepper as the patient can bear, as it is all important to get the outer extremities very hot, the pores open, and to let the rotten matter and broken-down tissue pass off through the skin. As to using the ointment consult instructions elsewhere. But very little food should be eaten for several days, not more than two meals, breakfast and dinner, each day. For supper swallow several tumblers of crushed ice, which will reduce the heat in the lungs. Cooling the lungs in this way contracts all the small, silk-like veins and the arteries, and so stops the flow of blood. This has been tried repeatedly, and in every case with good results. The instructions given as to consumption should be followed. Perfect food, as described under that head, is to be eaten. The General Instructions should also be consulted.

TORPID, OR INACTIVE LIVER.

CAUSE.—The rotten matter and broken-down tissue is retained in the human structure. This of course affects the liver, but no more so than the other parts of the body. We find that the smallpox cures a torpid liver. That is to say, if a person whose liver is torpid has the smallpox the liver-trouble disappears in company with the other disease. Here is the explanation: the smallpox discharges from every part of the human structure, from the crown of the head to the soles of the feet, a large amount of corrupt matter. Certainly then the person is affected to that extent, namely, from head to foot. While recovery from the smallpox is going on, the liver gets into proper working order, but there is no sign whatever of any special discharge from it any more than from all other parts.

REMEDY.—Sweat the patient freely. See the instructions before given. Use the ointment of oil and cayenne pepper at night on going to bed, for two or three nights. Consult directions elsewhere as to ointment. Eat perfect food as already described.

SLEEPLESSNESS.

I shall name five causes for this, any one of which, or two or more combined, may be at work. First, the use of too strong coffee; second, use of strong tea; third, use of liquors or beer; fourth, use of fats and grease in food; fifth, use of sugar, molasses and all kinds of confectionery. In short, anything, whatever its name, that produces or is in

itself the seed, essence or substance of disease, must affect the brain, and so will cause restlessness and dreaming at night. Or, in other words, whatever disturbs the brain and nerves will prevent sleep. My own experience of years leads me to speak very positively here. As will be seen fully explained in various parts of this work, any one of these articles above named will bring on a condition of the human body in which the brain, the great nerve center, and all the nerves themselves are deranged and inflamed.

REMEDY.—Sweat the person freely. Frequent baths should be taken as elsewhere described. Eat sparingly for eight or ten days, taking but two meals each day, breakfast and dinner. On going to bed, take a supper of crushed ice. Let that one be the heartiest meal of the day. Keep the feet warm and eat only perfect food as laid down under that title. Follow General Instructions.

SKIN DISEASES IN GENERAL.

The universal cause of diseases of this class is the body becoming charged with rotten matter and broken-down tissue, which being carried by the blood out to the skin, produces in the skin, soreness, inflammation and decay.

REMEDY.—The first thing is to sweat the patient freely. For this full directions are laid down elsewhere. Second, use the ointment composed of oil and cayenne pepper. The mode of its use has been already given. Third, only the perfect food should be eaten. Under that head a description of it will be seen. The General Instructions will guide as to other things.

ROTTEN MATTER.

INDIANAPOLIS, IND., November 27, 1888.

I have frequently noticed, in the last fifteen or twenty days, when walking out, the rotten matter which people had spit up on the street. A number of times I found, by examination, that this matter on the sidewalks contained considerable blood. I now ask, What is this material? Where does it come from? Of what is it made?

A person who throws up blood must have affected lungs, windpipe, bronchial tubes, or throat. Wherever the blood comes from the membrane is decayed by the flow of this rotten material to the place or spot. This also decays the skin and the ends of the silk-like veins there. The high temperature, or inflammation, which results, expands the silken veins, through which the blood will flow yet more freely when it is made thinner by the heat. Persons in this condition are in a dangerous stage, either of consumption, bronchial affection, sore throat, or catarrh of the head.

Again I ask, What is all this material, and where does it come from? No physician has yet been able to give me an intelligent answer. The true and only answer is this: It is made out of the fats, grease, sugar, molasses and salt which the people consume.

Let the reader observe it for himself. Notice the large amount of such matter people throw off from their lungs and heads when they have bad colds. But what is a bad cold? Simply this: The pores are closed and the rotten matter and broken-down tissue are retained in the body. When this stagnant material is carried to the head and other organs it causes inflammation or the excessive heat called fever, and when from this the lungs become

so far decayed or rotted that they will bleed, it can be called hemorrhage of the lungs.

I know there must be a large number of people who are in some stage or other of this critical condition. I know it, and any thinking, unprejudiced man ought to know it from what the writer has seen even in the last twenty days. I should be frightened if I were to spit up any such matter containing blood, as above described.

REMEDY.—Sweat the patient freely. Bathe often so as to open the pores thoroughly. Use the ointment of oil and cayenne pepper as elsewhere directed. Eat perfect food and follow General Instructions, and see also under proper heading as to heat and water.

DISINFECTANTS.

Many people, including many physicians, place a great deal of confidence in disinfectants. Some have one hobby, some another. Many use sulphur, burning it for instance, in a room after a disease or a death. This is worse than an utter absurdity. Burning sulphur and breathing it into the lungs of man, insect or beast, is sure death to either.

After finding that there is nothing in the air to be killed, that theories of germs and parasites and the like are humbugs, I start out to ascertain what are really the seeds of disease. I find there is nothing to be killed, but to be removed by thorough washing, sunlight, and pure air. These will do all that is needed in the way of getting rid of the seeds of disease. In Memphis, Tenn., (who does not know its terribly sad history?) I had conversation with a num-

ber of citizens as to disinfectants. The general verdict was that they had done more harm than good, and I fully agree with it. Tar and resin have many times been used there by burning, as disinfectants, but the opinion of most of those with whom I talked was that these things are about as injurious as burnt sulphur, filling the lungs with what is equally bad. Many people testified positively that harm was the result, when, during the yellow fever epidemic, in 1878, these things were very largely used.

I am fully satisfied that the best way to get rid of the seed or seeds of disease is to wash everything with clean water, ventilating the house and letting in all the sunshine possible. This certainly seems a surer way to purify than smoking. Smoke contains that, which, lodged in the lungs, must produce harm and not benefit. Away with such foul, smoky ideas!

SUNSTROKE.

CAUSE.—By the use of liquor, beer and fatty substances, the stomach is inflamed and irritated. This causes the high degree of *internal* heat always observable in such cases. The *external* heat is caused by the sun raising the temperature of the blood to such an extent that inflammation of the brain and nerves, and a shock to both, follow.

REMEDY.—Use external heat in the form of hot water bath, or put the limbs in hot water, followed by rubbing on the ointment of oil and cayenne pepper. Internally give ice if the stomach is empty; but if the stomach is full of food, it is better to use hot water or hot tea as a drink, for the reason that ice on a full stomach is apt to cause congestion, and

stops digestion, as well as causes the blood to flow from out of the limbs to the body. For these reasons it must not be given in any disease upon a stomach which is not empty. By warming the stomach we aid it to make way with the food by digestion, which lets the blood flow back again to the extremities and so producing an even, healthy circulation. Therefore, in cases where food is on the stomach, give hot drink instead of ice. When ice is given the pulverized form will be found best. Be careful as to the food after the person begins to recover from sunstroke. Perfect food as directed, should be used. (See under that heading, also under General Instructions.) Frequent bathing, to keep the pores open, will be beneficial.

DROWNING.

In this form of accident the outer extremities being chilled the pores immediately close, the circulation of the blood stops, and breathing ceases,—actually or apparently.

TREATMENT. — Warm the extremities, open the pores, and in this way start the circulation. When the blood begins to circulate breathing also will begin. Wet two or three blankets in water as hot as a person can bear. Wring them out slightly, strip the person, if clothed, and wrap the blankets around and over the body. Repeat this frequently. Another remedy is to prepare a bath in a barrel or bath-tub, with the water as hot as a person can bear. Place the person in it, rubbing him briskly and moving the limbs back and forth vigorously so as to cause

motion, and by it, circulation. Breathing will speedily follow. This process of restoration may be made still plainer by the following simple story of

THE DOG THAT WOULD N'T DROWN

One hot day in August, a boy was told by his mother to drown their worthless dog. Nothing loth to carry out such orders, he threw the dog, properly weighted with a brick, into the deepest hole in the creek. After the dog's struggles were all over the boy dragged out the body, laid it on a large, flat rock upon the shore and then, boy-like, went away fishing, with such a heartful of joy as only an obedient son can have. Coming home to supper, after fishing all the afternoon, his mother said to him, "Did you drown the dog?" "Yes'm, I did; he's drowned dead." "No, my tender-hearted chicken," said the mother, "you never drowned him at all." But the boy, conscious of having done his duty, declared that he had not only drowned the beast, but had left him lying dead on the big rock. And so, as facts are the best arguments, she took her son back of the house, and behold! there laid the dog, sleeping soundly as if nothing had happened. But boys, like men,

"Convinced against their will,
Are of the same opinion still;"

and so our hero formed a plan for the following day. With two other boys, equally zealous with himself in studying the wonders of animal life, he caught two cats, took them to the creek-hole, tied them up in a sack, loaded it with a stone, and pitched the whole business into the deepest water. After twenty minutes they took out the dead bodies, laid them out on the big flat rock, and sat down to watch. Now, *luck* had not left the poor cats if *life* had. The August sun had been bringing that rock to almost blistering

heat, and in half an hour returning life was seen in yawns and twitchings of the limbs; nor did another thirty minutes pass before the cats were walking away unharmed. Our young friend who saw it all, ran home, told his mother the wonderful history, and then they both understood just what I want my readers to know, namely, that external heat, and enough of it, if applied to a person apparently dead from drowning within twenty or thirty minutes after the accident, will restore life, just as the heat of the big rock, hot itself and reflecting heat, had revived the drowned dog and cats. To be accurate: as long as there is internal heat left, as long as the blood is warm, restoration may be had, because it is yet possible to get up a circulation of the blood, and that will be speedily followed by breathing. The knowledge of these things would, if put into practice, save many lives now lost not only by drowning, but by numerous diseases also.

SALT RHEUM.

CAUSE.—Rotten matter and corruption, mixed perhaps, with more or less salt, are retained in the system instead of being cast out of it. Wherever this matter settles or flows, either externally or internally, it causes flesh and skin to decay, as well as irritation, inflammation and that excess of heat called fever.

REMEDY.—Sweat the patient freely as heretofore directed. Use ointment of oil and cayenne pepper as elsewhere described, and in general follow the same rules given for other diseases. Let the patient eat perfect food.

RINGWORM.

CAUSE.—The rotten matter, or corruption, and broken-down tissue are carried to that particular place or spot, decaying the skin and flesh, causing inflammation, swelling and pain.

REMEDY.—Sweat the entire human body ; use the previously described ointment made of oil and cayenne pepper. Make a mush or poultice of wheat bran and ground mustard, apply it to the spot on going to bed, and let it remain until morning. Wet a piece of cotton flannel with the above ointment of oil and pepper, apply it to the spot and bind a dry cloth around it to hold it there, letting it remain there for a day and night. Then apply the wheat bran and mustard again for a night, and so on, until inflammation and swelling disappear. Bathe the whole body frequently. Diet by eating perfect food. (See further under Food and General Instructions.)

PIMPLES AND SPOTS ON THE SKIN.

These are caused by rotten and broken-down tissue not being properly exuded and thrown off by the pores of the skin. It forms pimples, and, in some cases, little sores upon the face, sometimes upon the body and limbs, to which latter the corruption is carried by the blood and deposited between the second and third skin, settling under the outer skin, causing spots, which are frequently seen also on the face and hands.

REMEDY.—For pimples and sores, sweat the whole human structure, as before directed. Use the ointment of oil and cayenne pepper as described elsewhere. At night on going to bed, wet some cloths with the ointment of oil and pepper, lay them on the face, covering the pimples. Wash it off in the morning. Still another method, which has been found very good, is to apply a wheat bran and mustard poultice, as directed elsewhere, instead of the oil and pepper. It should be put on the face on going to bed. In fact, any way is good by which the face is kept both moist and hot, so that the pores are opened to permit the corrupt matter to pass off. On the other hand, nothing is of any real benefit which does not do this. In whatever way external application is made, the diet should be according to rules to be found under Perfect Food, and General Instructions followed.

SUGAR AND OTHER SEEDS OF DISEASES.

First as to sugar. Doctors generally advise the eating of sugar. Yet, as every one knows, or ought to know, all kinds of grain, vegetables, fruits and nuts contain exactly the proportion of sugar which our systems actually need. Why then should we take artificial or manufactured sugar any more than we should give it to our domestic animals? They thrive without it, and so should we much better than we do. Again, if history be at all true and reliable, there were centuries in which people had no raw sugar. It is a comparatively recent invention of man, and not a gift of his Creator at all.

I will now give a list of the seeds of disease: Liquor, wine, beer, soda-water, mineral-water, all preparations or drugs, patent medicines, fat pork, lard, butter of all kinds, sugar, candies and all confectionery, pickles, preserves, jellies, slaws, spices, pepper, salt, pies, cakes, puddings and pastry generally, white flour, tobacco, cigars, impurity in water, foul air in rooms, impurity from decaying carcasses and such like things.

But do you hold up your hands in horror and demand, "What may I eat—I can't afford to starve?" Well, kind friend, I can find one hundred delicious things to eat among the different grains, twenty kinds of vegetables, twenty kinds of fruits, twenty kinds of nuts, twenty kinds of meats, twenty kinds of fish, and I might lengthen the list by oysters, eggs and many other things besides. What more do you want—the whole earth for your stomach? Won't you try reason, at least for one week? Go through the markets of New York, Boston, Chicago, Indianapolis, St. Louis or Cincinnati, or of many other places. You will see in any one of them a profusion of various kinds of food which do not come within the list of what is above condemned. You will find scores and hundreds of things which will do you good and not harm; will bestow health and not beget disease.

PROUD FLESH.

In cuts, or bruises, "proud flesh" is caused by a flow of rotten, corrupt broken-down tissue to the place of the injury, causing inflammation, and puffing up of the flesh and skin.

My experience has shown me two ways by which all this can be remedied. First, bathe the hand for example, in hot water for three hours, keeping the water as hot *all the time* as the person can bear it. At the end of three hours the hand and fingers will be smaller than those of the other arm, and will be in appearance like those of a woman who has been washing all day in hot water, shriveled and perfectly clean. A second method is to make a mush of wheat bran and ground mustard, and put it into a sack. Place the foot or hand into the mush while warm, wrap it up well and go to bed. In from four to six hours the place will be nicely cleansed of matter and no swelling left. This latter is also an excellent remedy for felons, bruises, and stone-bruises. (See further under The True Art of Healing and Cuts.)

MY WIFE'S EXPERIENCE.

CATARRH OF THE HEAD.

She was affected about two years, losing the sense of smell for at least two months. She was ailing badly with cold hands and feet, and severe pains in her head. I advised her several times to go to Lafayette to the Hygienical Institute. She did not go. Then I prevailed on her to let me doctor her at home without drugs. She would not do so, and grew worse from week to week until she got almost bed-fast. One morning she did not eat any breakfast. I felt somewhat alarmed about her condition, but I went to my store not knowing what her plans were. When I returned at noon and stepped into the sit-

ting room she was lying on the lounge. I felt very bad over it when I first stepped into the room, being very much alarmed, and I was very much affected and feared that she had taken down bed-fast. I took a chair beside the lounge and asked her what the trouble was. A smile ran over her face, then she began to tell what her plans were, "and how she executed her plans." She had sent for an attendant the day previous, to wait on her and to assist her in her efforts to relieve herself of her trouble. First, she had a tub of hot water prepared for a foot-bath, and a bucket of hot water for her arms, she drinking water as hot as she could bear it, and with a comfort wrapped around her, and sitting close by the fire until the sweat began to flow, then she had the lounge prepared with a jug of hot water to her feet when she went to bed, still drinking hot water. She had a piece of white woollen flannel dipped in hot water, wrung out and covered the whole stomach and chest and a dry piece of white woollen flannel placed over that, drinking hot water, and sweating herself freely. She began at eight o'clock in the morning, and by nine o'clock in the morning she told me she blew large quantities of green rotten matter from her head. After the rotten matter was blown out she complained very much of the cold air coming in contact where the rotten matter came from. She said it was very sensitive when cold air came in contact with the sore parts, and seemed as though the whole front part of her head was hollow, and complained of it very much for several days—even had to keep her nose partly protected so as the cold air would keep from coming in contact with the sore part where the rotten matter came from. She commenced improving, and recovered and never has had any catarrh since that time, as we have lived hygienically for several years; and it has been a great benefit to all of my family.

MUMPS.

My wife's experience with Annie Kersey: My daughter having the mumps, quit school at noon, her jaws badly swollen, and very sore. My wife took about a gallon of wheat bran and a teacupful of ground mustard, made it into a stiff poultice, put it into a sack, placed it on the jaw, and bound it on so as to remain there, put Annie in bed, and kept the mush there all night taking it off the next morning. The swelling and soreness were all gone. She went back to school next morning, and that was the last of the mumps.

EXPERIENCE WITH DESSEY KERSEY.

She let an iron fall on the instep of her foot; it became swollen and inflamed, and the second evening it was so badly swollen she could not walk. My wife took about a gallon of wheat bran and a teacupful of ground mustard, and made it into a stiff mush. She put the mush in a sack and put her foot inside of the sack in the mush, then drawing the mush up around the limb somewhat, wrapped a piece of quilt around the sack, placed her in bed and let it remain there all night. The next morning she took her foot out of the sack, washing the bran off. The swelling had all disappeared so she could get her shoe on and wear it. That entirely cured it.

EXPERIENCE WITH MAY KERSEY.

My wife doctoring her for the measles: She quit school one day at noon and came home sick. My wife put her to bed, right by a window where the sun shone in, put the window down at the top about one inch so she could get plenty of fresh air. She crushed

ice, put it into a tumbler with a spoon in it, and taking it to her let her swallow it. She crushed ice and filled a tumbler as much as five or six times that afternoon, and May took all of it internally. She slept well all night, and the next morning the measles had come out full all over her. She eat but very little that day and recovered rapidly. In about three days went back to school.

EXPERIENCE WITH DESSEY KERSEY.

My wife's experience in croup: Dessey had croup several times previous and we would call a doctor, and several times we would be up all night with the child, it seeming to be very dangerous, several times worrying and fretting very much at the same time. After healing with hygienical principles, she taking the croup, my wife took warm water, put it into a tub, put a blanket into the warm water, wrung the water out of the blanket. She had a lounge prepared, and the child was stripped and the blanket placed around her. She put the child on the lounge, placed two comforts over her, having it drink some hot tea, at the same time letting her remain on the lounge about twenty minutes. Warm a sheet, take the child up close to the fire with the blanket on it, and then throw the sheet around it, dropping the blanket down, and rub the child dry with sheet. Warm its night-clothing, place them on it, and give it some hot tea. Wet a cloth in some hot water, place it over its chest and throat. Have the bed good and warm by placing jugs of hot water in it; put the child to bed and in thirty minutes it was asleep. We had no more trouble with it at that time, as it slept nicely all night and was well the next morning. This we have followed up since that time in the croup and never have had any trouble. This will effect a cure every time.

EXPERIENCE WITH CHILLS AND FEVER.

She sends to the drug store and gets snake-root, as it is bitter. She says: "The people think they must have something bitter, as they are accustomed to that." She makes tea out of the snake-root, puts them to bed, places three or four gallon-jugs filled with boiling water around the patient, giving them hot snake-root tea in quantities of about one-half pint every five minutes for one hour. Then sweat them about one hour. Then have them take a bath or wash off with tepid water, wiping dry with a warm sheet or cloth. She never fails to effect a cure; in every instance she complains of the smell that is sweated out when she sweats them, and says it is very offensive, and their under-clothing is very yellow when taken off. Bathe frequently.

TETTER.

The rotten matter and broken-down tissue escaping there decays the skin, causes swelling, inflammation, irritation and soreness. For a remedy, sweat the whole human structure as named heretofore. Bathe frequently to keep the pores open. Use the ointment made of oil and cayenne pepper two nights on going to bed. Wash it off in the morning with tepid water and soap, wipe dry with a warm sheet or cloth. Eat perfect food. (See Perfect Food.) Follow General Instructions. Make a poultice of wheat bran and mustard, put on place affected for four or five nights on going to bed. (See Instructions.)

TUMOR.

It is caused by rotten matter and broken-down tissue flowing to the place affected, causing swelling, inflammation, soreness, and decaying the flesh or organs, wherever it may be, causing severe pains. For a remedy, sweat the human structure as directed heretofore. Use the ointment made of oil and cayenne pepper, all over the human structure, three or four nights on going to bed. Wash it off in the morning with tepid water and soap, and wipe dry with a warm sheet or cloth. Eat perfect food. (See Food for instructions, and General Instructions.) If the tumor be on the external part, take one gallon of wheat bran and a teacupful of ground mustard, and make a stiff mush; put into a sack while warm, place it over the affected part on going to bed at night—or any other time if the person is bed-fast; bandage it, to hold it to its place, and leave it there all night. After taking it off, put a white cotton-flannel cloth over the place affected, and keep the cold air from coming in contact with the skin and closing the pores, keeping it warm at all times. Keep the place bound up. Eat perfect food and bathe frequently. (See General Instructions.) Wheat bran and mush poultices have cured cases of erysipelas, swelling, bruises, inflammation in a cut, proud flesh, rheumatism in the feet or hands, and inflammation or swelling wherever it can be applied.

CUTS.

CURE FOR CUTS.—Many people say you must apply a salve or some application to a cut to heal it. I find that there are no atoms or particles taken from

a salve to re-build, re-place, or fill up the vacuum or open space. The salve only acts as an artificial protection, keeping out the air and dirt, retaining heat and moisture from what we eat and drink, making the blood flow through the arteries. The blood flows, carrying atoms or particles, re-placing or re-building the open space or vacuum, filling it up like a new growth called healing, until it is all re-built. (See True Art of Healing for other instructions.) Be careful to eat perfect food. (See Food for instructions.) Bathe the body frequently with tepid water, keeping the pores open, keeping the salve on the cut. This should be made out of something not poisonous to the flesh.

RECEIPT FOR SALVE.

One ounce of resin, one-half ounce tallow,—mutton is best,—one fourth ounce castile soap, one-half ounce sugar, and about one-half ounce pine-tar, if it can be had. Melt them together, pour them into a tin-box, or tin-cup, or something. Spread this on a piece of cotton muslin, and apply it to the affected part, put a bandage around it, and let it remain two or three days. Put on a new application of the same every few days until well. Be very careful not to irritate it.

BURNS.

A burn is a decay or dissolving of the skin and flesh ; inflammation sets in immediately if the spot is not protected, and the rotten matter from the other parts of the body flow to that spot or place causing more inflammation, decaying the flesh, and causing swelling and severe pain. A burn must be protected with something similar to an artificial skin, and which is not poisonous to the flesh or skin. Having had experience with a very severe burn, I took linseed oil and dipped a piece of cotton flannel into it. The burn was on the arm, extending from the hand to the elbow. It was scalded by boiling water until the skin all slipped off. Having dipped the cotton flannel into this linseed oil, I wrapped up the whole arm and hand with it, wrapping it around the arm about three times, and kept it wet with oil for ten or twelve days. At the end of that time it was entirely healed up. I was very careful not to let her eat any grease or fatty material, sugar, molasses, or salt, giving her perfect food to eat, bathing her frequently, and keeping the pores open and her external parts warm, so the waste of the body could pass out through the skin. In burns you can use almost anything applied over the spot burnt that will protect it from the air and dirt, retaining the moisture and heat so that the blood can carry the material and re-build the affected part so it is not poisonous to the flesh or skin. Be very careful what you eat. It must be perfect food so as not to make any rotten matter as it would escape at that place causing inflammation, decay of the flesh, high temperature of heat and severe pain. (See True Art of Healing, Perfect Food, and General Instructions.)

MALARIA A HUMBUG.

I propose to knock out, kick out and entirely demolish the commonly received but false idea of malaria. Belief in it, or that there is such a thing, is a superstition, or a piece of pure imagination without any real basis of truth.

Let us take two men, brothers if you please ; they live in the same house ; they breathe the same air ; they eat as the average American farmer eats, fat pork, lard, butter, sugar, molasses, pies, cakes, salt, bread made of white flour, with all the fats and fixtures, the pastry, and the many queer things known to the American cook. We will call one man Number One, the other Number Two. Now, take Number One, expose him to smallpox, feeding him the materials just named until he takes the smallpox. Suppose he has it,—a regular case of it,—and then gets well of it. How much rotten or corrupt matter is cast out of him from first attack to recovery ? I answer *one gallon*, if not more. Now, I ask the reader this question, “Where did that rotten or corrupt matter come from ; from the air, or from the food ?”

Now take Number Two ; feed him on bread and mush puddings made from whole grain, such as wheat, rye and oats, fruits, vegetables, etc., for thirty days. Give him only water to drink all the time named. Bear in mind, he was as full of corrupt material, (the decayed tissue), as his brother up to the time you began the healthy diet ; but now, at the end of the thirty days’ dieting suppose you expose this Number Two to the smallpox. What is the consequence ? Startling as it may be, the truth is that he will not have smallpox at all. This has been clearly and repeatedly proven by doctors, professors, and presidents of medical colleges. At Ann

Arbor, Mich., Prof. Dwight, who has filled a professor's chair nine years, (six at Ann Arbor, and three at Cincinnati, Ohio), said that if he could have a man who was full of corrupt matter in his charge, he would feed him for fifteen days with food of the three grains, wheat, rye, and oats, with some fruits; he would then guarantee that there would be no pits or corruption marks. He said that the skin might be thickened and red, but absolutely no pits would appear. Moreover, he said that at the end of thirty days there would actually be no remaining trace whatever of the disease.

Now, to go back to our man Number Two, for a moment. Did he cease breathing the air during those thirty days in which his system was being brought into a smallpox-proof condition? No! we do not need to be told a man can not live without breathing. The truth is, he was living without the artificial greases, and the salt. Now, where does the "malaria" come from? It comes from the grease, fats, salt, sugar, molasses, and white flour; and so, with none of these in his system he had no smallpox,—the reverse of his brother!

Notice how quickly doctors advise people to quit eating salt, sugar, fats, molasses, and grease, when the smallpox breaks out in a neighborhood. Did you ever hear of them advising people to quit breathing? But if what is called "malaria" comes indeed from the air, that would be exactly the right thing for the so-called guardians of the public health to advise, as well as the right thing for the people to do. On the contrary, they tell us to keep on breathing, never so much as hinting at a closing up of our mouths and noses, but they try to cut off the diet of grease, sugar, and the other artificial articles of food. Have you ever read in a certain book that "the legs of the lame are not equal?"

Practically, such facts as the above must kick the malarial idea out of existence, and with it all such

kindred humbugs as germs, insects, bacteria, and the like. Seeing the "profession" must have some scare-crow for the people, and some scape-goat for their own blunders, and failing to find anything better, they have used "the germ theory," "the parasite theory," and "the bacteria theory," rather than flatly own the truth.

Let us lay theories aside and look at it honestly. The Creator made a great number of grains, beans, peas, vegetables both root and top, with, say, one hundred different fruits for man's food. But man is not satisfied with all this abundance, although Infinite Wisdom provided it. He must fatten animals, and then eat their fat, extract the fat from wheat, milk, cotton-seed, pork, and a host of similar things. Sugar, so extensively made and used is practically fat in another form. It is almost like grease when all the water is extracted, and it will burn like grease. And now for the result. Fats produce heat. Fever is the excess of heat produced by fat in the various things named, pork, sugar, molasses, etc., etc. Fever is abnormal heat or heat in excess. "Eat fat to keep up heat," has been a hobby of the doctors for ages past. It started in the Dark Ages, along with witch-craft, and a thousand like superstitions. But, taught by true science, men have learned better. They see, or are beginning to see, that the Creator provided for our needs. They are learning the great lesson seen in the fact that those animals which live out of doors, exposed to the greatest cold, live wholly on the very simplest foods. The next truth to be learned is, that man who puts on extra clothing, has the shelter of warm houses and the aid of fire, needs artificial fats, greases, etc., no more than do the wild or domestic animals.

Seeing that fever is the result of the combustion or burning up of fatty materials, and it having been proven that "malaria" as in the air or coming from the air is a fiction, we must admit that the results

heretofore charged to malaria are properly chargeable to the table. And, as facts put the malaria to flight, so will the use of proper food and the wearing of proper clothing effectually drive away the host of ailments which men, and especially professional men, have, in their ignorance, attributed to malaria.

PARASITES.

The "parasite theory," so generally used to explain the causes or beginnings of disease, is a humbug wherever and whenever applied, except as relates to swine. Trichinea, the well-known hog disease, is a case, and the only one, where the theory holds good. It fails utterly and misleads entirely when brought to bear upon yellow fever and consumption.

As will be seen by referring to Man Number Two in the article entitled, "Malaria a Humbug," there is no such thing as malarial or parasitic poison to cause disease in the man who goes thirty days without fats, sweets, butter, and such like things. It being true in his case, it can not be otherwise than true in all cases. In the case of Number One there was plenty of rotten or corrupt matter to be cast out, but Number Two, having abstained wholly from fat, etc., has nothing of a corrupted and corrupting nature to throw out of his body. It is all gone; yes, gone without drugs, without a doctor's aid or a doctor's bill.

It has been said that, in all the cases named, the parasite is not found, but that in trichinea it unquestionably is found. It might be added that as far as the writer's experience goes to show, recovery from trichinea is impossible. Death is certain *if it is trichinea*.

As there is a cause for everything, there is one for trichinea, and I submit that it and many other things like it, were made by the Creator as a terrible penalty which, by the fear of it, should stop man from eating the filthy, coarse, mangy hog-meat, which, in fact, is fit only for the buzzard. Although I used it, like my neighbors, for thirty-five years, I now condemn it as being without one solitary claim to the place it has in our food. I condemn it in all of its forms and in any quantity, great or small.

POISON IN THE BODY.

The idea generally accepted is, that in every disease there is poison in the body, and, as a natural sequence, poison of some other kind must be given to neutralize the first. I propose to show the utter absurdity of this idea.

The uniform action of poisons upon the flesh and skin is to harden and toughen and preserve them from rotting. Now, in the case of diseases, we see that the corrupt matter which is discharged or thrown off, rots and decays the skin and membranes with which it comes in contact. We see it, often to our disgust, in the inner skin of the nostrils, the lungs, throat, and eyes. In the rectum the same thing, and in a similar way, produces piles, cancer, and the like. Even in scrofula, that dreadful scourge, I find no poison, no insects such as vermin, animalculæ or parasites, but I find, and any one may find, plain, common corruption, made from butter, lard, pork, sugar, molasses and white flour. These articles are made up almost entirely of carbon, and carbon is the principal element of heat. And, as fever is

common heat in excess, it follows that an over supply of carbon can only act as a feeder to the fever. In the face of such facts, why is it that men and women persist, year after year, in eating grease in the form of lard, butter, sugar, and that modern discovery branded oleomargarine, which, if all reports are not lies, is made of a dead animal and cotton-seed oil? Let each reader answer the question for himself, while I can gladly say that if anyone desires a remedy for the effect of such an unhealthy diet, it is here offered. Open the pores with heat, take ice internally on an empty stomach. In other words, cool the inside and heat the outside of the body. Then keep the outside warm, sweat freely, and you will get all the rotten matter out. Rub the skin with cayenne pepper or mustard mixed in a little vinegar or water or cocoanut oil. This will keep the pores open, and, as the corrupt matter will certainly come out, it is hardly necessary to add that the entire man will quickly experience an immensely beneficial result. I recommend only what I have tried for years, and, therefore, do not hesitate to say that immediate relief in almost all diseases, whether accute or chronic, will follow this simple process, viz., moisture and heat externally, with ice cold water or common herb tea internally. In contagious diseases, and even in cholera, the only *sure* thing is to put the person in a barrel of hot water. In this instance of cholera, immediate relief or rather instantaneous relief will follow. It will at once relieve cramps, for cramps are pains caused by the contraction of the flesh and muscles, and the cold is resultant from the blood leaving the extremities. When the limbs are heated in the barrel of hot water the blood returns to them, the muscles relax, a pleasant moisture pervades the skin and rest, true and sweet, takes the place of torture.

"HOT SPRINGS" AT HOME.

Few have the means or time to go to the celebrated Hot Springs of Arkansas. Nor is it necessary. That which is equal to, and in some respects superior to them, can be had at any home, however humble. The benefit which so many thousands have found at the famous resort is easily accounted for. The course of treatment there is made up of two parts: first, hot water bathing; second, hot water drinking. The first opens the pores, so that the decayed, rotten and corrupt matter can pass out through them; while the second forces this matter to the pores and by perspiration carries it away. Thus the system is washed from the inside. Everybody knows how offensive the smell of perspiration is as it comes from a sick person. The atoms of corrupt matter taint the air into which it is cast off.

Now, to realize all these benefits at home, one has only to use rain water as it falls, or cistern water filtered. Make the water hot, put into it some cayenne pepper or ground mustard, and there's your "Hot Springs" bath. Care should be taken to rub the body dry with a warm sheet thrown over it to exclude the cold air. Go to bed at once, and drink plentifully of rain water or cistern water, or, if preferred, of some common herb tea, until a free perspiration follows. Keep up this for three or four days, or five, as found to be needed. In the meantime eat perfect food, and you will be glad this book ever came into your hands.

What is given above will prove an excellent remedy in rheumatism, dropsy, scrofula, catarrh of the head, sore eyes, sore ears, running sores, yellow jaundice, liver complaint (so-called), and brain affection, as well as many other complaints. But, it is to be remembered, that in consumption hot water

must not be used externally or internally. The bath must be mild, not hot; the drink must be ice or ice-water, and after the bath, on going to bed, oil and cayenne pepper ointment should be freely used.

HEAT.

Heat is the product of a combination of substances, and without these it is never produced. Let us take a few familiar examples of the generation of heat, or caloric, as the text-books call it. In a wheat-stack, or hay-stack, or either hay or wheat stowed away in a barn, how quickly great heat is found, sometimes to a destructive degree. Or, take a pile of dry wheat, corn, oats, rye, or barley, pour water on it, and in a few days it will be found in a greatly heated condition. A pile of manure, either dry or afterwards wetted, or fresh from the stable, will very soon reach a temperature of from 110 to 115 degrees, or fever heat, which is about 106.

When we look at the animals, including man, we find that all possess a certain amount of heat, and that if the Creator's wise arrangement is carried out, each one has precisely the degree or amount of heat generated in him which meets his needs. If we leave out man for the moment, and look only at some other animals, such as the horse, the cow, the deer, etc., we see two remarkable facts. They are able to endure very considerable cold with little or no discomfort, and the only food they eat is the very plainest, in just the shape the Creator supplies it. But man, on the contrary, man who so generally ignores the Creator's design, and takes his own

way in selecting, preparing and seasoning his food according to his own mistaken ideas and depraved appetites, he, in order to meet any considerable cold, has to call in the artificial aid of clothing, fire and almost air-tight dwellings. Why do not men see this, or rather, why is it not put into practice, for chemists, at least, know what the combination is which produces heat in the body, namely, carbon, oxygen, nitrogen, phosphorus, potassium, lime and hydrogen. The Creator, knowing what he made man of, knowing all his needs, takes these elements above-named, and in exact proportion unites and blends them so that the result suits the necessity precisely. And yet man, whose pride leads him to suppose himself wiser than his Maker, takes upon himself the two-fold task of first preparing his food out of all harmony with the Creator's design, and then of either enduring or getting out of his body the disastrous effects which the injurious food begets. So he collects the carbon, or grease, by various ways and in many forms, fills his system with it and is diseased. Is this human wisdom or human foolishness?

Chemistry teaches us that carbon is the principal element of animal heat. We know also that fever is only this very heat in excess. What an absurdity it is, then, to keep on piling in carbon, or grease, when there is heat enough, or too much, already! Does any one of us put oil into a stove to cool it, after seeing and feeling that it is, perhaps, already red-hot? No; we are aware that wood and coal are the proper things to maintain a regular and pleasant amount of heat. That is the very purpose for which they were made, and just so it is with grain-food and the like, as to our healthful animal heat. Thus we have fact instead of fiction, common sense and not superstition, a foundation of bed-rock reality in the place of the vague theories which have governed or enslaved men for ages.

This grand lesson costs the reader little or nothing, but the writer learned it at a cost of at least five thousand dollars and by a hundred thousand miles' travel. In the latter I have met more fiction or, to call it plainly, humbug, than anything else. The people are duped, (and doped,) while the doctors are deceived, and perhaps deceivers, as well. Take one man as a sample. He had been a college professor of medicine nine years. His name is on many medical diplomas throughout the United States. Yet, this very head-light of modern medical science testified to me that he and his colleagues had never found any remedy which would certainly cure any particular disease fully and to entire satisfaction. Moreover, the same man told me that he never takes any drug himself nor gives one to his family. In short, as another "M. D." admitted, in most cases either one of two things is true: the physician does not know what ails the patient, or, if he does happen to find that out he does not know what to give to cure it. Few of the doctors are honest enough, however, to confess what the first-named one did to me, saying: "I make my living by giving drugs, though I will not take them myself. The people will have them and pay for them, and I may as well have their money as somebody else." With all his science and his titles, he was on a level with the liquor seller, whose object is *money*, regardless of his fellow-men and their destruction.

The terrible effects of liquor-drinking need no comment here, but it may be well to look at the way it touches health and strength. It has been seen from the newspapers for a lifetime that a very large majority of men who suffer sunstroke are users of liquor, beer, ale, or fancy drinks containing alcohol. Such men can not stand the external heat, added to the internal heat which the drink has produced. Liquor, of pure proof, contains 52 per cent. of oil or carbon, and it might therefore be called grease or

fat, as it acts like either of them, as far as feeding the animal heat is concerned.

To name all the articles, which, when taken as food or drink raise the animal heat to the degree which is called fever, would require a long list. But some, which, while doing this, will also fill the system with rotten matter and corruption, and thus breed disease in some form or other, are as follows: Butter, (either from the cow, or from cotton-seed oil and carcass, which is oleomargarine), grease, fat, lard, pork, tallow, cotton-seed oil, (eaten), oils of all kinds, sugar, molasses, white-flour, and any combination of these articles: pickles, preserves, jellies, and all such preparations, and all kinds of liquors and beer. If men will persist in eating and drinking these things, and so fill their bodies with corruption the Creator must step in to do a cleansing work. This He does with smallpox, by which from twelve to twenty pounds of rotten matter or corruption is discharged from the patient's body. I firmly believe that it is on this very errand that smallpox is sent, viz., to purge out of the human system the impurities bred in it by bad food, and I have not named a single article in the above list but will produce that which must be cleansed out before perfect health can be had.

Medical men, and many others, well know that if a man diets himself, avoiding grease, sugar, oil, salt, etc., for twenty or thirty days, he may be exposed to smallpox, but will not take it. The system, being already free from impurity by abstaining from the things which make corruption, does not need any such cleansing as smallpox gives, and those who do not need it do not have it. The same might be said as to many other diseases, such as yellow fever, measles, and chicken-pox, both as to the cleansing work they are sent to do, the warning they give, and the very important fact that people who live on perfect food are not afflicted with them.

FAT MAKES HEAT.

Let us start with a few foundation principles. Fat, or grease, makes heat; fever is only common heat in excess; therefore, one who has fever has too much fat, or grease, in his system; or, to put it more briefly, there is too much heat because there is too much fuel. It is plain that there can be no heat if there is no fuel.

When the supply of such foods as contain a large proportion of carbon, such as lard, butter, pork, and such drinks as whisky and beer is shut off, the fires of fever will go out. All the heat necessary to maintain health and comfort can be obtained from eating grain foods like whole wheat flour and beans, vegetables and fruits. Not only do they contain enough heat-producing material, but it is in such exact proportion that its effect in the body is health and comfort.

Perhaps nothing more plainly shows the utter absurdity of the old school manner of dealing with fevers than the following: A gentleman in Michigan told me that one of his two sons was taken with typhoid fever. The doctor prescribed a pint of whisky every twenty-four hours, so much every hour, which was given. Up went the boy's temperature to 110 degrees. Nature could stand such a murderous outrage only for three days, and the boy died. Shortly afterward the other son had the same kind of fever. Again the same doctor (?) ordered whisky, "But," said the now awakened father, "no, sir! not a drop of whisky shall be given my son. It is murder." Of course the doctor was angry, but the father was firm, and after leaving a powder or two the physician went away. The father and mother then got the boy into a free sweat by the means elsewhere described and a rapid recovery rewarded their sensible efforts. They know, and I know, that their first boy was *murdered*, literally

burnt alive. Don't let any doctor try any such experiment on you or yours. The fact is, that the whisky given in the case of the murdered boy contained about as much carbon as lard does, and as carbon is a principal element of heat, the giving of it to a body already too hot was a fatal blunder—to call it mildly. Nor would I speak of any one school as if the others were any better. They all fight each other; no two doctors of any one school will give just the same treatment, and never having learned the real cause or seed of disease they can not deal with it surely and successfully. Many of the cures they claim are not made by their treatment, but in spite of it.

THE HUMAN STRUCTURE.

As the term “human body” is sometimes used to denote the trunk, exclusive of the limbs, I use the above heading to denote all together. It is composed or built of fourteen different substances. Four-fifths of it, or eighty pounds in a hundred, is water. Taking eighty pounds from one hundred leaves twenty. Notice how small a part is left to be kept up by food in order to have the flesh round and plump. If a person weighs 154 pounds only about thirty pounds are to be sustained by the food. Suppose he eats two pounds of food per day, how many days will his body require to undergo a complete change? Probably not more than twenty, but say twenty-eight or thirty at the most, as it is taken for granted that one-half the food is dissolved into atoms for flesh-building, which is not far from the fact. Now, see what amount of broken-down tissue must

be moved out of the system. It is one pound per day for every hundred pounds. This broken-down tissue of a pound's weight must be gotten rid of each day, through the skin, lungs, urine, etc. In the composition of a man's body weighing 154 pounds there are 111 pounds of oxygen gas, and 14 pounds of hydrogen gas, which when united form water. So that in a body weighing 154 pounds we have really 111 plus 14 pounds, or 125 pounds of water. This shows again how little is left to be supplied by food, or food and air, namely 29 pounds. Analyzing this remainder of 29 pounds, it is made up of 21 pounds carbon, 3 pounds 8 ounces nitrogen gas, 1 pound 12 ounces, 190 grains phosphorus, 2 pounds calcium, (the chief ingredient of bone), 2 ounces fluorine, 2 ounces, 219 grains sulphur, 2 ounces, 47 grains chlorine, 2 ounces, 116 grains sodium, 100 grains iron, 290 grains potassium, 12 grains magnesium, and 2 grains of silicon. These simple substances are constantly passing out of the body through the lungs, skin, and other excreting organs, if the pores are kept open. But if this carrying out process is hindered by the pores being closed, trouble, in the form of disease, shows itself. It is found that certain of these elements are used for one part of the body, and others for other parts, and this is in a certain, regular proportion. Thus carbon is the chief element of fat, and it also supplies the fuel that combines with oxygen in the capillaries to produce heat. The nitrogen which we gain from our food and the air, is the chief element of muscle; phosphorus is the chief element of brain and nerves; and calcium, or lime is the hard portion of the bones; iron is an important element of blood; and silicon supplies the hardest part of the teeth, nails, and hair.

We are perishing and being born again at every instant. We do literally enter over and over again into the womb of that Great Mother from whom we

get our bones, and flesh and blood and marrow. "I die daily," is true of all that live. If we cease to die, particle by particle, and to be born anew in the same proportion, the whole movement of life comes to an end, and swift, irreparable decay resolves our frames into the parent elements. If all the pores are kept open, clear of dirt, filth, glue, wax, grease, and the like, then the broken-down tissue will be carried out through the skin and other excreting organs.

It is because the human structure is in a state of continual change that we eat, drink and breathe. Because where there is a constant tearing down there must be a continuous building up. The constant expenditure calls for an unceasing supply. Now the great question is, shall this building up, this supply be of pure materials or of impure ones. Remembering that the greater part of the body is water (or oxygen and hydrogen, which, united, form water), bearing in mind that a large, if not the larger, part of flesh is obtained from the sea of air in which we live—with these facts before us we see clearly how very small a proportion of the body depends upon food for its support. And, by the way, this leads us to infer that over-eating is a common practice.

We have in a plant a beautiful illustration of the foregoing. Take a stalk of corn, or the stalk, corn and leaves together; and if you burn them, but a little part is left; only the ashes, in fact, weighing say three or four pounds out of every hundred pounds. All that passes away in the burning is of atmospheric origin, or from the air. It is really the material gathered by the plant from the open space, and is not lost or destroyed by the burning. It simply passes back to the source from which it came, and there it is the same as it was before the plant gathered it, or breathed it in, as one might say. To present this clearly, let us suppose a great city is burned. All the wood and other combustible ma-

terials are burned or melted down, leaving on the ground only the ashes. But the great volume of heat, vapor and smoke rises into space in so many atoms or molecules. They certainly are not destroyed, but are ready, and, so to speak, waiting for future use. There they are until creative power, by means of the sun and other agencies, makes them up again into man, beast, plant, tree and creeping things on the earth. Man, alas! has but the very faintest idea of the perfection and grandeur of this magnificent work of the Creator. Could he but attain to it, neither pain, fatigue, disease nor misery would be his earthly lot, but unmixed happiness and health. But, instead of grasping this divine perfection, or even reaching toward it, we see mankind in one great strain after wealth—each individual struggling and panting to possess not only whatever he sees his neighbor have, but, never contented with an equality, is always racing after superiority. And what, O reader, is the end and finish of this mad race and struggle? Listen to one of the most successful strugglers after wealth—James B. Neal, of Boston, Mass.—one of the richest. He says: “Oh, I have been a fool; I have made an ass of myself trying to obtain money. And now that I have it in abundance, I would cheerfully give half I have for *health*.” The history of rich men’s sons is written in one brief sentence: “Ninety per cent. of them go to ruin.” The reason is plain. Unlike the son of parents in poor or moderate circumstances, the son of the rich idles away his time, feels independent of all obligation and duty; the lack of better occupation leads him to seek the company of the worthless—the gambler, the horse-racer, the prostitute. Fast horses, fast men and fast women form his stock of knowledge; they are his educators, until he in turn becomes a teacher in this school of ruin, and leads others to destruction. So the wealth laid up for him by the parents is a double curse—to

them while getting it, to him while throwing it away.

The number of things made and sold which add to man's toil, weariness and pain while taking away his strength to bear either, is perhaps infinite. If his *wants* were never greater than his *needs*, contentment, peace and health would always be his. Here is the secret of right living.

ANALYSIS OF THE HUMAN STRUCTURE.

Before one can fully know what is the proper food for his body, he must see what materials compose the body, and what the proper proportion of each is. We will take the body of a man weighing 154 pounds. Of this, 111 pounds are oxygen gas, and 14 pounds hydrogen gas, which, when united, form water; 21 pounds carbon; 3 pounds 8 ounces nitrogen gas; 1 pound 12 ounces, 190 grains phosphorus; 2 pounds lime, the chief ingredient of bone; 2 ounces fluorine; 2 ounces, 219 grains sulphur; 2 ounces, 47 grains chlorine; 2 ounces, 116 grains sodium; 100 grains iron; 290 grains potassium; 12 grains magnesium, and 2 grains silicon. These substances are continually passing out of the body through the lungs, skin and other excreting organs. Adding together oxygen and hydrogen, as above, gives 125 pounds; take this, which is the water, from the 154 pounds, and 29 pounds is the remainder, or less than twenty pounds to the hundred. Now, from this 29 pounds take out the fluids, viz., carbon, nitrogen, phosphorus, (see the weight given above), or $25\frac{1}{4}$ pounds in all, and $3\frac{3}{4}$ pounds are left. This is the mineral substance, $3\frac{3}{4}$ pounds, or only a fraction over $2\frac{1}{4}$ pounds to each hundred pounds of the man's weight, with $25\frac{1}{4}$ pounds solid material made from the food and air, and 125 pounds water. As

before stated, these substances are constantly passing out of the human structure, therefore they should be taken into the body in exactly the same proportion. This is really what the body needs for health and natural growth. Thus taken, they are consumed, and so meet the necessities of all the various parts of the entire structure. These materials, blended in exactly the right proportions, are found only in perfectly *natural growths*, such as wheat, rye, oats, vegetables, and in fruits which do not contain too much acid, lean meat like beef, game, etc. (He that can live without the meat is so much better off.) On the other hand, butter, fruit-butters, preserves, jellies, pickles, pies, cakes, and pastry; all such things as pork, lard, sugar, fat, candy, molasses, vinegar, beer, liquor, tobacco, cigars, spices, and salt, with a host of things called “fixins,” make the essence of diseases in the human structure, and this essence or seed must be thrown off by the blood. When the pores become closed this material remains in the structure and disease of some kind sets in, with pain, because it rots or decays whatever part it goes to—if to the lungs, lung fever or consumption results; if to the throat, sore throat; if to the bronchial tubes, soreness there; if to the eyes, inflammation and soreness in them; if to the kidneys, kidney affection follows; if to the rectum, it produces piles; if it goes to the bladder it makes inflammation of that organ; carried to the spleen this corrupt matter produces pleurisy; to the head, catarrh of the head, and if it settles generally through bones, head, lungs, and all over the human frame, typhoid fever is the result. It is therefore of the very utmost importance that this corrupt material be thrown off from the system through the pores. The general instructions given under that heading, if faithfully obeyed, will certainly do this. Then, after the evil is cast out a repetition of it must be avoided by following directions given under Perfect Food.

CHANGE OF THE HUMAN STRUCTURE.

The human body changes in full every twenty-eight days. This body, as already stated elsewhere, is eighty parts water out of every hundred pounds. There is, therefore, very little of the bodily substance to be made out of food. The man takes of food, we will say, three or perhaps four pounds per day; two-thirds of this, or two pounds, is made into flesh, etc., so that the change is at the rate of two pounds per day. The larger proportion of the bodily weight being fluid, as before stated, it is derived, not from food, but from the immense sea of fluid, or the air, by which he is surrounded in space. Thus man breathes in more of his flesh than he takes in by food strictly so-called. Here is the secret of Dr. Tanner's forty-day fast. He breathed in sufficient food for the sustenance of life.

The great ocean of air is made up of the same materials as is the larger part of the body. Cremate the body and only about three pounds of every hundred weight remain,—the rest goes back into the air from whence it came. And it may be here suggested that as all living things, whether walking, or creeping on the earth, or digging in it, or flying over it, or that swim in the water, have their bodies in the same proportion as man, he has little cause for exaltation over them physically, in which sense, at least, they are his brothers, getting practically the same food from the same fontal bosom.

Follow briefly the food as it is taken into the mouth, chewed, swallowed, passed to the stomach, where it is melted up or dissolved into a thin mass, the atoms separated from each other; now passing through the bowels to the colon, where the water separates whatever will make bone, brain, nerve, muscle, or hair, dividing it from the dross, which passes to the rectum and is thence discharged. All but the dross is conveyed through the duct to the

heart, thence to the lungs, thence outwardly, and so carried through the arteries to all parts of the body. Here at this point, where it leaves the heart, and in the separation then taking place, is where the exquisitely fine work comes in. Here it is that all the things we have eaten, drank and breathed, (except the dross), previously blended, are now divided accordingly as they are for building the different parts, —the brain, the muscles, hair, etc.,—the lime, potash, and soda to the bone, phosphorus to the brain and nerves and so forth, while the carbon is taken to all parts generally. Here it is that we see the work done by water; here we get some idea both of the atomic change which the human structure unceasingly undergoes. A parallel to this change, is, with perhaps trifling variations, found in plants, trees, and all animals. So literally and accurately true is this that one may place his hand on anything which has life, animal or vegetable, and say, “that which I touch to-day will be gone in one short month.” Nay, the very hand laid upon it to-day will have passed away, all, from outer skin to inner bone and even the marrow in the bone, ere thirty days will have vanished, and each component particle be replaced by another. In the presence of such a fact as this, whose very reality can hardly be grasped to say nothing of its universality, in such a presence it seems scarcely needful to emphasize the importance of every individual seeing, each for himself, that the materials he furnishes his body shall be those which the Creator provides, unmixed, unadulterated and natural, (i. e. according to nature), so that this “change” may be constantly for the better, the purer, the healthier, and so rising to perfection of health and physical happiness, and not in a descending, degrading scale towards disease and misery.

WATER.

Of all the elements known to man, water is the greatest and grandest. Among all the many agents by which nature's processes are carried on and her work performed, water is the most powerful. Look at it in one of its forms, the rain-fall, and you behold a display of power, robed in beauty, such as all man's skill, with all his machinery, can not for one moment equal. Consider the circulation of water through the earth, notice how it starts perhaps from its great parent, Ocean, penetrating and flowing through the soil, bearing the various mineral substances it holds in solution to the myriad plants and trees and flowers. Nothing can be more perfect, nothing more awe inspiring and grand. You may see also its wonderful adaptation to the ends designed by the Creator, if you but draw a bucketful from a well or spring. As yet the minute particles of mineral treasures it contains are not visible to the eye, but place it in the tea-kettle, boil it and see them as deposited on the bottom. The result, after a few weeks' use of the kettle is familiar to all. Yet, familiar as that deposit is, it contains that which makes the strength or body of all plants and trees. This material is first collected by the water, then it bears it to the plant, delivers it up into the plant-structure, and deposits it just where needed. Then, in eating the plant or grain it becomes yours; it is dissolved in your stomach; it passes through the intestines and colon to the duet, thence to the heart, and then water carries it to the bones and depositing it, makes the hard part, or bone proper. I say the water does all this, for the blood is ninety or ninety-two per cent. water. Blood is water and what you eat mixed together. So to rightly estimate the work and value of water one must study

every atom in man, beast, tree, plant and, in fact, all things created. All of these atoms are moved by water. I have felt that water must be endowed with reason, nor is such a belief without foundation. For an example, when the blood leaves the heart all the different molecules or atoms combined in the water (called blood), as it flows through the arteries, are taken infallibly to the right place or part. By what seems to be intelligence, if indeed it is not that, it separates, divides and distributes each substance or material to the very spot where it is needed. There is no blind chance about its work; the lime, ash and soda are carried to the bone, the nitrogen to the muscles, or to form lean flesh, the phosphorus to the brain and nerves, and the carbon, or grease, is borne to all parts of the structure to build up the various parts, and to produce heat. Now, the liver, lungs and kidneys are composed very differently from each other. Unless it possesses reason or the power of thought, how could the water do all this exquisitely fine work of separating and selecting and conveying exactly that, and only that, which is always right! There is no such thing as construction like that is without reason and thought. Even our puny works of building or constructing require both thought and reason, as we all well know, but when compared with man's mightiest works, how this stupendous and universal work of the Creator rises in the loftiest grandeur and the sublimest wisdom, as the Alps, robed in snow, crowned with the clouds, tower above the peasant's hut at their feet. With feelings of reverence, therefore, I ask my readers to follow the work of water yet a little further, especially as it relates to our bodies. When food and water leave the mouth and pass into the stomach, human control of it ceases—the water now takes the control. So also it is when the blood leaves the heart, the water has entire charge and command of the operation of separating,

selecting, distributing and depositing each particle of the different flesh, bone, hair, or brain-building materials, never making any mistake as to which is which and where it should go.

The entire human structure passes through a change every twenty-eight days. The two pounds of food a man eats each day is simply to supply material for the repairs which constant waste renders necessary. The flesh which a sick man loses, say in a month, the food and water re-build. But as the water is eighty-two parts of his body, see how little food is required for the repair to go on—only eighteen pounds to every hundred. In the case of a man weighing 150 pounds, only twenty-eight to thirty pounds are solids—the balance being water. So we say a pound a day for thirty days completes the change. The food eaten should therefore be adjusted to this fact, not only in kind but in amount.

Water is the only thing that can move one atom or particle in this work of building, either in man, beast, plant, or tree. How quickly the plant wilts and the man dies without it. Yet, in days gone by it was a cast-iron rule with the doctors to forbid water to a man who was wilting down with fever; but the fact is that water (or ice, which is better), when given internally, will reduce heat quicker than anything else known to man. That old doctors' rule has caused untold suffering and unnumbered deaths, and yet some still cling to it. A long list of testimonials or statements might be furnished from people given up to die, who, by chance, accident, or driven by the agonies of thirst, were fortunate enough to get hold of all the water, ice, milk, or buttermilk they could drink, and were not only relieved but *cured* by it. One case on record is where the fever-stricken person drank a gallon of cider, and at once recovered. There is another terrible notion, born of the same superstition as is that of forbidding water to the feverish, and that is the giving of drugs in

fevers. Seeing that there are from twelve to sixteen pounds of rotten matter in the blood, which must come out through the pores of the skin, how ridiculous to suppose that a drug will remove it. It is no more sensible than to attempt with one drop of water to create enough steam to move a railroad engine which shall pull twenty-five or thirty loaded cars. But this is not all, drugs are destructive, water is restorative. We have seen already how beautifully and rapidly it re-builds and perfects the repair in one who has been sick. Is it not reasonable to say that if it can do all the work of reconstruction and repair in a well person, it can and will convey and carry out all the worthless, rotten material in a sick man? In fact, we know positively that water does just this very thing. Let a fever-patient be put into a free and thorough sweat; how quickly an offensive odor fills the room. Millions of atoms or molecules of rotten matter come out of the body of the sick, and, coming in contact with our organs of smell, produce the bad stench. A drug will not do this; it simply adds fuel to the fire.

Water is the very thing the sick with fever need. The sickness begins with what is called a cold. Properly speaking it is cold outside and heat, or fever inside. The pores are closed by the cold contracting the skin, and they can not permit the blood, or water, with its load of rotten matter to pass through them, no more than water can pass through a piece of muslin after you have filled the pores or meshes of the cloth with paint. Now, the pores being stopped by the accumulated waste, this is the very moment for the water to think and decide, as it were, what to do in the case. It decides to try some other outlet or avenue, and so it starts back, carrying some of the rotten matter to the nose, and immediately you begin to sneeze. Hot water and matter begin to run at the nose, the inside of which gets sore and hot, the head fills up, and no sufficient out-

let being yet found, the lungs fill up. Some of the corrupt matter is carried through the flesh by the water and deposited there. If this matter will make the nose sore and hot it will do the same for the lungs. If it will rot the inside lining of the nose it will rot the lungs; if it will bring fever-heat into the nose it will bring fever-heat to the lungs, and if it will rot the nose and lungs it will rot the flesh and cause pain wherever it goes, for the pain you feel in sickness is from the flesh rotting with rotten matter in it. This is the cause of pain in chronic diseases, neuralgia, toothache, etc. To carry out the idea in full I ask the reader to look at cancer. A great deal is said about cancer-roots, and the prevailing idea is that these roots gnaw or eat up the flesh. Now, I will give five hundred dollars (\$500) for cancer-roots which gnaw, eat up, or swallow any flesh! What do the roots do with the flesh, or the residue of it, after they eat up the flesh? But let us get at the facts. As already stated, that which will rot the inner skin of the nose, and make the nose sore in a "bad cold" will do the same for the lungs in consumption, or for the head in catarrh. In scrofula the first thing is a red spot, then yellow water and yellow corruption. The yellow matter gives it this color. It oozes out, rots the skin and the flesh also, and in a short time there is seen the hole or cavity, dug out, as it were, by the rotting process. Now, if this corrupt material will rot the nose and lungs and flesh, in other forms of disease it will also rot the flesh in cancer, and it most certainly does this very thing. We must, therefore, correct the old idea and false theory by substituting the word "rotting" for "eating," as applicable to cancer. The old and false notion being exploded, the old method of treatment is blown to pieces with it. No man in his right mind will deny that the cutting and butchering generally practiced in the case of a cancer keeps up and increases the irritation, and we

know that the more any spot or place on the body or limbs is irritated the more the corrupt matter flows to that particular locality. What is needed is not any cutting or slashing, but a cleansing out of the corruption from the entire system by free sweating and a sound, healthy diet, composed of hygienic foods. (See further under Cure for Cancer.)

In dropsy the pores of the skin are closed as if it had been thoroughly covered with a coat of paint, and through them none of the rotten or corrupt matter in the body can pass out, the water of course remains also, as it can not do otherwise, and, as two-thirds of all the water and fluids the man drinks should pass out through the pores, the consequence is, when they are closed, that the body fills up with water. The air also in the body, passing through the arteries to the skin finding the pores closed can not pass out; so, being forced to remain, inflates or puffs up the flesh, etc., as seen to be in all cases of dropsy. This, then, is the condition; the rotten matter retained rots the flesh, causing pain, the water in the body unduly increased, with the air retained, inflates or swells the body,—and this is dropsy. Full directions for treating it will be found under the proper heading.

If we give proper weight to the fact that atoms or particles can be moved in the body, or carried out of it, *only by water*, we shall see how essential water is in the right treatment of disease. Look at fever; it is heat, or better still, excessive heat. Heat is produced by a combination of certain substances—call it the fire and call them the fuel, if you please. In the disease we are looking at there is too much heat. How do you propose to lower the heat or reduce the fire? Common sense and THE HOME GUIDE with one voice say: “Get rid of the excess of heat-making material through nature’s appointed channel, the skin-pores.” This you can do by water and in no other way. If, by opening the pores and a

thorough sweat, you give the water a chance, it will do this work to perfection. By referring to testimonials given elsewhere, it will be seen how easily the heat of fever is reduced by the simple action of ice inside with heat and moisture outside. This draws the corrupt matter (excess of fuel) to the surface of the skin, through which it passes out. Let not my readers be startled at the idea of the ice, the only danger is that the fever-hot patient will not get enough of it. Fifteen or twenty glassfuls of it, crushed fine, will do twice as much good as half that quantity. Taken thus, internally, of course, it will stop flux in a few hours, and if the outer extremities be kept hot, a recovery will speedily follow.

With me it is a settled fact, and I hope that it will be also with the reader, that disease is rotten matter and broken-down tissue, or waste, retained or confined in the human system. Pain is its *result*. Nor am I willing to call this material by the oft-used name of "poison." Poison toughens, hardens and preserves; this rotten and rotting matter works rot and decay. In order to have health it must be gotten out of the system by water; and then to keep health, no more of the evil-breeding stuff, in the shape of bad food, must be put into the body. Do this, and the whole man is in condition for work of whatever kind it may be. The head is clear, the muscles pliable, the limbs supple, and vigor enters into every thought and every motion.

In the year 1878, when yellow fever showed itself in the South, many people who had it were already sick with other diseases, dropsy, consumption, rheumatism, etc., but behold the startling fact! when they recovered from the fever they were well of the other disease at the same time. The yellow fever cast out of them the corrupt matter; when they were put through the process of sweating the air around them was so filled with it that it was terribly offensive. The skin itself became like that of persons

with yellow jaundice, and the under-clothing turned yellow, filled with the rotten matter thrown off. Truly the doctors have a death-grip on the people, or else such facts as these would lead out from slavery and superstition into freedom and knowledge. The author was fifteen years in their clutches, but has now been fifteen out of them, so that he is not guessing at these things. My effort and my hope is to get others to come out of bondage without paying the price I paid for liberty, namely, about five thousand dollars expense and a hundred thousand miles of travel.

Nothing is more interesting and beautiful than the study of water as it starts on its course from the veins of the earth, or from the soil. Forced out of these to the surface by internal heat, or drawn to the surface perhaps by the sun, once there, it is, by the power of solar heat, expanded into vapor or steam, separated into atoms, raised into open space, forms clouds and then, condensed again or rolled together in drops, falls to the earth, forms creeks, rivers, lakes and oceans, or supplying those already existing. So also, in a very similar way, we see water in the human body, with a circulation and a work there no less necessary and beneficial. The food taken into the stomach is dissolved by the gastric juices, each atom is separated according to its kind, each by itself, passes through the bowels, colon and duct to the heart, thence through the arteries, etc., to all parts of the body. Water, called blood, does all this carrying and distributing work; and further, it not only bears the new material for re-building wherever and as fast as needed, but, finding a waste, or refuse matter, the broken-down and worthless tissue there, carries it away and unloads it, through the pores, etc., into space. Plants; trees and beasts all furnish parallel examples of the same wonderful operation.

The following will also aid in forming a true estimate of water's value and importance in the human body. Animals, man and beast, get their mineral substances, or two and eight-tenth parts, from vegetable growths, and their fluids, or ninety-seven and two-tenth parts, from the air or open space. Of the blood, ninety per cent. is water. If you take ten parts of whole-wheat flour and ninety parts of water, mix them, and if it were possible to dissolve the flour thoroughly, as is partially done in boiling, you would have a very close imitation of blood, or rather of that part of the blood which the stomach, bowels, etc., supply. Now comes the fluid, from the great ocean of space in which we live, filled as it is with billions of atoms or particles for our use by breathing.

Viewed in any of its operations, either in the stupendous economy of a globe, or in the smaller but equally vital interior work constantly done in our bodies; looked at in the atom of vapor, or the plenitude of the rainfall and the grandeur of the billowy sea, whether regarded as serving man in the recesses of his own wonderful structure, or conveying from without the essentials of his life, water, as a blessing and a constant good, is unequaled and above all price.

WATER AS A HEALTH AGENT.

BY ERNEST WELLMAN, M. D.

HOW TO GET WELL AND KEEP WELL.

Water—the only menstruum, the proper drink, the necessary cleanser—comprises three-fourths of all organized existence—an indispensable necessity to all forms of life. Water is to animal organization what rivers and canals are to our social and commercial interests; it is the medium that floats the solid materials of structure to their appropriate places. It is the circu-

lating medium; it is the solvent, the menstruum, that which keeps animal tissues soft and pliable, the blood a fluid, and renders possible nutrition and life.

Water not only enters into the composition of the blood, secretions and excretions, soft tissues, etc., but it forms part of the bones and even teeth. Indeed, it is necessarily found wherever changes in the structure takes place. Where old ingredients are to be carried out and new ingredients of the structure introduced, water is necessarily employed.

Without water in the organism, motion would be impossible. The muscles, ligaments, cartilages, tendons, would be stiff, inelastic, immovable. The human skin is about one-twenty-fifth part water; teeth, one-tenth water; bones, one-eighth; cartilage, one-half; muscle, three-fourths, brain and blood, four-fifths; bile, milk, and pancreatic juice, nine-tenths; urine, lymph, gastric juice, nineteen-twentieths; while perspiration and saliva are only one-fortieth part solid matter. Water is not only a permanent constituent of all organisms, and of all substances that enter into the composition of the human organism, but, like all other materials of organization, it is being constantly changed. It has been calculated that a healthy adult man takes into his system about four and a half pounds of water daily, and, of course, casts out as much. Much of it he takes in with the food he eats, some of it as drink, while he casts out in the urine about two pounds, through the lungs one pound, and somewhat over a pound through the skin.

Pure water is that which contains no element save its own proper and unvarying constituents; but no water is perfectly pure. It is so powerful a solvent that it dissolves a little of nearly everything with which it comes in contact. But approximately pure water may be found, and it is very important for us that the purest shall be used.

The impurities found in water may be described as mineral, vegetable, and animal. The form of mineral impurity found in the water generally used is salts of lime, either carbonate or sulphate, making what is known as hard water. The proper test of hard water is soap. When soap comes in contact with the sulphate of lime, as in washing, it curdles, forming a new soap, which will not dissolve, and which is often seen floating on the surface in the form of a green scum. The better plan of testing water for lime is to "dissolve a little soap in alcohol, and place a few drops of it in the water to be examined. If it

remains clear, the water is perfectly soft; if it becomes turbid or opaque, the water is ranked as hard."

The vast importance of using only soft water for cooking, drinking, and bathing can be readily seen. The lime in hard water injures its solvent properties, and hence is not suitable for bathing. Hard water, nor any other containing impurities, should be used for cooking or drinking; because the impurities, of whatsoever kind, are foreign and adventitious matters, that can not be used in the vital processes, and hence only tend to obstruct and derange these processes, and to exhaust vital power in the attempt to cast them out. The kidneys are the organs that take up and cast out most of these mineral impurities. The lungs and skin carry out most of these mineral impurities. The lungs and skin carry off their water chiefly in the form of vapor, leaving the solid impurities behind. These solid impurities must be got rid of, and inasmuch as lungs and skin, and even bowels, will not dispose of them, the kidneys must. Hence the very serious tax on the kidneys wherever hard water is in general use. It is not wonderful, therefore, that gravel stone in the bladder, and many kidney difficulties should exist. Hard water is irritating to mucous surfaces, obstructing to circulating fluids, and for various reasons a common cause of bilious, dyspeptic, and nervous disorders; or if not an adequate cause, certainly an aid in their development.

Other mineral impurities in water are iron, soda, magnesia, chalk, etc., which always render the water objectionable for use. Thus we perceive the folly of employing mineral waters as curatives. They are only employed on principles that justify the employment of drugs. Mineral springs and drug-medical practice are natural allies. They are employed on the same principles and tend to produce the same results. Hygienic practice discards the one at the same time and for the same reasons that it discards the other. They both are poisonous, "and, as a consequence, every dose diminishes the vitality of the patient."

If mineral, or inorganic impurities in water are poisonous, organic, or vegetable and animal impurities, are doubly so. A recent work, entitled, "Scientific Conversations," by M. Porville, of Paris, says: "Popular Science Monthly," gives the following reasons for considering organic matter in water dangerous to health:

“How does organic matter become dangerous? We must not believe that it constitutes, as is superficially said, a toxic element. The phenomenon is more complex. The organic matter in suspension or in solution creates in the water a peculiar medium, suitable for the development of exceedingly small beings of the genus *vibrio*. It is no longer mere water; it is a world of microscopic animals and plants which are born, live, and increase with bewildering rapidity. The infusoria find in the water calcareous, magnesian, and ammoniacal salts, and their maintenance is thus secure. Drink a drop of this liquid and you swallow millions of minute beings. But there are vibrios and vibrios. There are those capable of setting up putrefaction in our tissues. These are our enemies, often our mortal enemies. Let water be placed in contact with organic remains capable of nourishing these malignant vibrios, and it at once becomes more dangerous than any poison.”

Let him, therefore, who desires good health, be scrupulously exact as to the quality of the water he drinks. Next to pure air, pure water is *the* essential of life; and it should contain neither mineral, vegetable, nor animal matters. It should contain nothing that does not enter into its composition, and therefore must be found in all waters.

How and where to obtain pure water is the next consideration, and a very important one. Water mingled with impurities is much more plentiful and more easily obtained than pure water; so that if we were not both intelligent and energetic with reference to this matter, we will be found contenting ourselves with water unfit for use.

The sources of our water supply may be considered as:

First, Well-water;

Second, River-water;

Third, Rain-water;

Fourth, Spring-water.

The first is the great source of water-supply to the people in the country; the second to the people in the cities; while the third and fourth are used incidentally and occasionally. As between well-water and river-water there is little choice; nevertheless, all wells do not furnish water of the same quality; nor do all rivers. But the conditions for receiving and preserving water in wells and rivers are very unsatisfactory; and large amounts of impurities are necessarily held in solution in these reservoirs. Well-water is usually hard, and hard water, we have seen, is unfit for use. But its hard quality is not its worst feature. Surface-drippings are a fearful source of impurity in both wells and rivers. The worst case of typhoid fever I have

ever treated was the result largely of drippings of animal excretions into a well of water situated in a small country village, from which all the cows, as well as most of the human inhabitants, received water, and around which, at no great distance, several pig-pens were found.

River-water is not generally as hard as well-water; but that it receives the washings and filth from the whole country through which it passes, including that from the sewers, gutters, privies, etc., of the towns, is well known. How can such water be fit for use? And yet how many millions of our people use no other! Epidemics and endemics thrive in our cities quite as much because of the impurity of the water as because of impurity of the air. To say that people can live hygienically under such influences, is absurd.

Rain-water is pure in comparison with well or river-water, and is for all purposes decidedly preferable. In the first place, it is entirely soft, and the only impurities which it contains, if kept in clean cisterns, are those which it gathers while falling through the air, or because of its washing the roofs of the houses from which it is caught. But these impurities may be avoided, for they are of a character that can be easily taken out by passing it through a filter. A cistern built with two compartments, separated from each other by a partition filled with charcoal, sponge, sand, gravel, etc., will preserve water, if well covered, in a fit state for use to an extent that wells and rivers never can. A Kedzie water-filter is an additional aid toward purifying soft water, if from any cause it becomes impure. A filter is valueless for hard water. This can best be improved for use by boiling, which separates the lime and renders the water approximately soft. Boiling will also aid in destroying any vegetable or animal growths in water, and so often improve its quality.

Soft spring-water is the appropriate water for hygienic use. If not absolutely pure, it may nevertheless be found superior in purity to all others, unless it be distilled water. Hygienic treatment and hygienic methods of living pre-suppose an abundance of pure, soft spring-water; cool, sweet, and refreshing; unadulterated by any substances whatever; water suitable for cooking, washing, bathing, drinking; water that should be a tempting beverage in its natural state, without any admixtures; water in which art plays no part, but in which nature has furnished all that is necessary to health, life and longevity.

To such water we commend our readers as the divinest of drinks—as nature's own production.

How properly to use it, is the question next in order.

THE WAY TO KEEP SICK.

BY W. PERKINS.

Some things in this world are too hard to be understood. An able lawyer in Kansas said the more one reads the statutes of that State the less he knows about them. In like manner the more one reads the popular ways of trying to get well, the more is he puzzled to find the least common sense therein. Indeed, why sick persons outside of insane asylums will persist in doing all which, with the least show of decent moderation, could be done to seriously impair their constitutions and lead on to death, presents a problem too hard for ordinary minds to solve.

At this writing I am visiting the family of a kind relative whose daughter has been ill for a week with sore throat and fever. She washes the ulcer with a liquid poison, sleeps from 8 p. m. to 7 a. m. in a close little room, on a feather bed, and on rising comes to the table to eat indigestible bread, meat, gravy, and butter, washed down with coffee and then sits or lies in a close store-room till the evening hour for bed again comes round; eating in the meantime two more meals. To walk abroad, breathe the pure air, and enjoy the delicious breezes would, as her prescription has it, be hazardous; while to do just that which, if well, would make her sick is in accordance with the direction of the doctor and her parents. Tedious recoveries, relapses, and deaths seem never to disturb their confidence in the old way of trying to cure. While failures in other departments often induces doubt as to the *modus operandi*, they seldom, if ever do in the momentous department of health, disease and death. The most common employe is held strictly to accomplish what he undertakes, while the old fossilized doctor may, in nearly all his cases, do precisely the opposite of what he is employed to do, and yet gets his pay as if he had achieved the most perfect success. As his patients linger, and even agonize, for tedious years, under ruined constitutions, or his poi-

sons drop others suddenly into graves, it is believed and proclaimed that the Lord's irresistible hand has been laid upon them, which it were impious for the doctor—even were it possible—to thwart. All who get well in spite of the most unhygienic remedies, are cured thereby, while all who perish under them are killed by an All wise Providence!

Another puzzle is to see through the stupidity that seeks not to ascertain the providence in advance; so as to save the worse than useless visits, drugging and heavy bills of the doctors. As our wisest men are insisting, recently, that spiritualists show the real good to be accomplished by their revelations, it would seem that in this department they have a fair chance for usefulness. Let the spirits tell when one gets sick whether he must perish under an irresistible providence, or whether the drug doctor can drug him well. Do this and the science is established and its patrons blessed as the benefactors of their hitherto afflicted, perplexed and disappointed race.

As I much fear this is not to be done, permit a suggestion for at least the partial relief of the at present hopeless sufferers. Appeal to the mercy of the doctors, that they remit half of their usual fees when the result shows that the decrees of Providence rendered the cure impossible. Let there be an equitable partnership as to the profits and losses. If the doctor must drug in utter hopelessness against such stern decrees, like the storms and waves against Gibraltar, then in the name of mercy let him get but half his pay for his folly. If the afflicted family must suffer their crushing bereavement, the science and drugs of the doctor notwithstanding, would it be unfair for him to suffer the loss of but half his big fat fee?

As, however, there is about as little hope of relief in this direction, as in that of the spiritualists, one more suggestion is ventured. Let the sharp and, if not a contradiction, occult science of medicine probe at once into these mysterious providences, and prognosis forms a part of the profession. Let a chair be inaugurated on the symptoms of the patient so as to divine *a priori* the providence. Then may we attain to the most useful discrimination between the curable and the incurable cases for this our age of progress beyond all restraints; it were a burning shame to be conquered by providences, acting, too upon the bodies and souls of ourselves. Can it be that neither patient nor doctor can even guess at the start, and whether the case can be made to yield to the most potent drugs or is to per-

ish under the stern decree? Homeopathy might succumb under its light pellets, but not allopathy, with its heroic doses of blue mass, calomel, croton oil, prussic acid, etc. If these can, after all, take no effect upon a stern decree, can not the sharpness of the doctor's science, aided by every symptom of his confiding, communicative patient, ascertain with reasonable certainty, at least before the rubicon is crossed, that the decree fatalizes the sad result?

One fact the writer is in this connection moved to announce. Three or four sick cases, of his dear friends the doctors gave up to die, ceasing their doses, and the poor sufferers recovered under the friendly actions of nature. Medical science and decrees retired as the *vis medicatrix natura* was allowed to work. Had this been done at the first instead of the last dose, much suffering, in almost every way, had been spared.

Can we in view of this but partial consideration of this painful subject, improve upon Franklin's maxim, "Nature cures; doctors collect the fees"? or can we gainsay the other yet more attractive—

"Nature rights the injuries done her;
Drugs and doctors get the honor"?

PERFECT FOOD.

Before we can know what is perfect or proper food and what is not, we must understand the real needs of the body to be fed. But first we must carefully distinguish need from want, and real necessity from taste and desire. A man may *want* lard, whisky or tobacco, but he *needs* neither of them. He may be exceedingly fond of either of these things, but to claim this as a reason why he needs, or ought to have them, would be absurd. Yet vast multitudes of people, if not the most of mankind, are seldom found going any further than

their "likes and dislikes" when they select, prepare and use their food.

The only true necessity in the case is that the demand created by the bodily waste or growth shall be fully met. When growth is reached, all parts of a healthy body waste away equally; that is to say, the nitrogen, carbon, phosphorus, lime, soda, silicon and all the other elements are needed and should be supplied in just that proportion in which they form the human structure. The supply must, in the most accurate and truest sense of the words, equal the demand. These needed materials or elements are found in certain natural growths; nor is this all, in these growths they are found in exactly the right proportion. Whatever name one chooses to give the creative power, whatever or whoever the Creator may be or be called in the reader's theology, one thing is certain, that the Creator of man's body knew what is best for it, and because He saw it was best, furnished it. Man is the only animal that has ever undertaken to improve on the perfect food which is offered in natural growths, like grain, etc. With the other animals, all of them healthier than man is, the only question is an adequate supply. They never turn away from nature's food, as nature gives it because it is not cooked or mixed up with what is injurious. Give them grass, hay, grain, nuts, vegetables, and they are content and grow fat. The only diseases they know come largely, if not entirely, from bad food or bad treatment at the hand of man.

A most significant and instructive fact is that, when we make two analyses, one of the human body and another of grain and vegetables, we find that the two, laid side by side, agree perfectly. For example, nitrogen is in a certain proportion the body—in the grain-food you find it there, just as it is required, and so on through all the list of the component parts of the structure of man; for each you find its exact counterpart or supply in the grain

and vegetables. The exact reverse of this is seen when man, leaving nature's supply, selects and prepares outside of her very liberal bill of fare. Take one single instance, out of the many which space will not permit us to name. Say a man's body weighs 154 pounds; of this twenty-one pounds is fat, or carbon, or about *one-seventh part*. Proper or perfect food will exactly match this proportion, that is, in just this very scale, of one to seven, it will contain carbon, or fat—which is the great heat producing element. But suppose the man eats a slice of bacon. Now, he is taking in the heat-producer at the rate of seven to ten, or five times as much as is right for health according to the composition of his body. An analysis of butter, sugar, white flour, etc., would give similar results; for instance, here is the make-up of butter: Water, fifteen parts; salts, two parts, and *fat eighty-three parts*, or about six times greater than the proper proportion. And yet, forsooth, the man who tells people that bacon and butter are not proper or perfect foods is called a *crank*! Well, if telling the truth, with facts and figures to back me up, is the sign of a crank, I hope to be one as long as life lasts.

FOOD FOR MAN.

As already stated, an analysis of the various grains, wheat, rye, etc., and of fruits and vegetables shows them to contain what the body needs and in the exactly right proportion. Wheat heads the list, being absolutely without an equal; then rye, oats and barley. Wheat must not be deprived of one atom of the whole grain; bran and all must be used. If some would-be adviser tells you that the bran is indigestible, and therefore not good, you

may reply that it has a very important purpose and work to perform in the body, without which no one can have health and comfort. The bran in the whole-wheat flour gives volume to the fæces, or stools, and so renders the passages easy. This can be proven by any one who will let whole-wheat flour be the food, or the chief part of the food, for one week. The wheat and other grains named may be prepared in many ways. Cracked wheat, rolled wheat, rolled oats, whole-barley meal are excellent and delicious, as also mush made of any of them. If made into bread, no soda, salt, lard or butter should be used. Keep the poisons out. Whole-wheat flour, with water and nothing else whatever, can be made into "gems" as light as they are delicious. Simply mix the flour and water to a thick batter, put it into a cast-iron (not tin) "gem-pan," which has first been made quite hot, and then very slightly greased, bake in a quick oven. Nothing need be lighter or nicer than the "gems" thus made, but keep out shortening, salt, butter, sugar, and, in fact, everything but the flour and water. Let any cook or housewife devote half the time to getting foods on the table plain, natural and unpoisoned, which is now given to spoiling them, and there will be no complaint as to lack of variety.

Next to grains, as above named, come the vegetables, such as beans, peas, turnips, potatoes (if with beef), and the like, not omitting the very excellent celery. If cooked at all, the plainest way is the best. If cooked with meat it should be lean beef or mutton, but, as a rule, the less meat the better. Leave out the vile stuff called seasoning. The process of boiling robs food of the very important element of the fluid or material it derived, in its growth, from the air. The heat and moisture dissolve it and it will pass off in boiling, in spite of all attempts to stop it. The grains mentioned and some vegetables may be cooked a little, but turnips, cabbage, lettuce

and celery may well be eaten raw. Please remember we are trying to find out what is good for people, and not what they like or have been accustomed to. Under the head of vegetables, an almost endless variety awaits man's use. As to fruits, those which contain much acid should be avoided, such as currants, gooseberries, and most cherries, the sourer varieties of the apple, etc. Leaving these aside, and beginning the list with grapes, figs, dates, pears, and the like, we shall find no lack in nature's bill of fare. Of nuts, many kinds are excellent, but excess in eating any kind is to be avoided. Pieplant, preserves, jellies, pickles, fruit-butters, etc., and especially canned fruits of all kinds, if in tin, should be untouched—unless you take hold of them to throw them away. Put up fruit (if at all) and vegetables, in glass. Of meats, lean beef, mutton, and especially wild game, in short, any of them, leaving out pork and all hog products, may be eaten, provided the quantity be but small. Beef should always be cooked rare, and the other meats named should never be done enough to make them tough and dry. Eggs contain phosphorus in too great a proportion to their entire substance for them to be anything like a staple article of food. Eat but few of them, and not many oysters, if any at all. Veal is unmatured, hence not proper food. Fish may be classed as a second or third-rate food. Cheese is to be untouched. We have now reached the all-important subject of

BRAIN AND NERVE FOOD.

We saw under Analysis of the Human Structure that in a man's body weighing 154 pounds, there are nearly two pounds of phosphorus. It is clear therefore that proper or perfect food should contain this most essential element which is in fact the chief ingredient in the make-up of nerves and brain. Unless these are supplied with phosphorus to re-build

them as they waste away there can be neither health or vigor. When we look at the foods just now enumerated, wheat, rye, etc., and the vegetables, etc., named, we find they contain phosphorus. But the modern process of milling and cooking takes it all out, and so, while those foods were perfect when in their natural state and form, when they have passed through the hands of the miller and the cook they lack almost entirely one of the most important elements or ingredients of good food. Whole wheat is perfect food; white flour is wretchedly imperfect. The vegetable, as it grew, was perfect food, but when, by boiling, its phosphorus has passed away into the water, it is very much short of being proper or perfect food for man who has both nerves and brain constantly needing phosphorus. Oats contain nitrogen, calcium, and phosphorus, very largely. And so, as a race-horse is made up of brain and nerve, bone and muscle; for his brain and nerve, to make him ambitious and quick, we feed him the phosphorus, to build his bones finely and strongly, the calcium; and to furnish elastic, powerful muscles, we feed the nitrogen,—and we do all this at once by giving him oats. (See the article on Powerful Animals.)

The fatty materials, so often and so generally eaten are objectionable for two reasons: First, they contain no phosphorus; in white flour there is little or none, as it was taken away in milling. Lard, fat pork, butter, etc., do not contain it, and so all these are deficient in the essential phosphorus for brain and nerve. Second, these fatty materials, being chiefly carbon or fuel, cause when eaten, a high degree of heat in the body, and this heat or excess of heat inflames and irritates the brain and nerves, which being but imperfectly supplied with their needful food, phosphorus, are weak and debilitated. There is another fact in this connection, which is that these fatty materials not only fail to meet the body's needs

but fill it with corrupt matter. This decays and rots brain and nerves, as well as other parts, and only disease and misery can follow. So, therefore, we find three causes for nervousness and brain disease, viz., first, lack of phosphorus-yielding food; second, too great a temperature of heat; third, rotten or corrupt matter in the system, decaying brain, and nerve already out of condition by the first and second named causes.

Any diet or system of food, in order to be a perfect one must be marked by the three characteristics following: First, the food eaten each day should contain all the same elements found in the human body when in perfect health; second, these elements should be in the food in the same proportions as they are in the body; third, the food must be eaten in its natural state, or prepared, if at all, in such a manner that none of its elements are subtracted and no injurious materials added. It is self-evident that neglect of the last condition will render any great benefit arising from observance of the first and second an utter impossibility.

Believing that, by the use of the plainest language and illustrations, this important subject has been made clear, I will now add an example from history showing what a food or diet of unbolted or whole-ground wheat flour will do. It is an extract from English history, and may easily be verified:

“In England, under the administration of William Pitt, for two years or more, there was a scarcity of wheat, and, to make it hold out longer, Parliament passed a law that the army should have their bread made of unbolted or whole-wheat flour. The result was that the health of the soldiers improved so much as to be a subject of surprise to themselves, the officers and the physicians. The latter came out publicly and declared that the soldiers never before were so robust and healthy, and that disease had nearly disappeared from the army. The civic physicians joined and pronounced it the healthiest bread; and, for a time, schools, families, and public institutions used it

almost exclusively. Even the nobility, convinced by the facts, adopted it for their common diet; and the fashion continued a long time after the scarcity ceased, until more luxurious habits resumed their sway."

I will, in closing this subject, suggest that a change from bad food to perfect may, in the case of a well person, be made gradually. Change from white to whole wheat, or Graham flour, first; then give up the pork and such things as I have named as in the same class; but, dear reader, in your "tapering off" be firm, resolute and honest, and don't make the taper too long or the last end will be the biggest.

POWERFUL ANIMALS.

If eating fat makes strength, suppose you prove it by putting a hog on a race-track matched against a blooded horse. Failing in that attempt, look at the grain-eating horse—a very wonder of bone and muscle, and nerve, and power, put together in perfect shape. Try to get him to eat fat—he knows better. If you have not yet learned the lesson, look at other animals, the mules, oxen, camels, elephants, see the power by which they are doing the hardest of earth's toil; for endurance, where is their equal? for speed, where can you match the deer, elk, antelope, rabbit, and squirrel? What do they all eat? Grains, vegetables and nuts. What do they drink? Water. Friend, you may have been eating fat pork, lard, butter, sugar and other carbonaceous or fatty things for thirty years, but your diet has not given you sufficient strength to overthrow that argument just given—and I guess you know it.

Venison is just as much better food than hog-meat as the nimble, muscular deer is fleetier than the lazy, greasy occupant of the pen. Everyone knows that deer meat is almost entirely lean flesh. As observed by Joseph Bentley, in *Hearth and Home* :

“ All animals that work live on vegetable food ; and no animal that eats flesh works. The all-powerful elephant, and the patient, untiring camel, in the torrid zone ; the ox, the donkey and mule in the temperate ; and the reindeer in the frigid zone, obtain all their muscular power for enduring labor, from nature’s simplest production—the vegetable kingdom. But all the flesh-eating animals keep the rest of animated creation in constant dread of them. They seldom eat vegetable food, until some other animal has eaten it first and made it into flesh. Their only use seems to be to destroy life—their own flesh is unfit for other animals to eat, having been itself made out of flesh, and is most foul and offensive. Great strength, fleetness of foot, usefulness, cleanliness, and docility, are, then, always characteristic of vegetable-eating animals, while all the world dreads flesh-eaters.”

HOG-EATERS.

You may get a true idea of hog-meat as an article of food by an experiment with smallpox. Let a hog-eater have that disease and you will observe how full of rotten and corrupt matter his whole system is. In fact, no other expression than “ full of corruption ” will fit the case. On the other hand, try the same experiment on a man whose food for thirty days has been grain, fruits and vegetables. Neither you nor he need fear the outcome in his case—for he will not have the smallpox at all. There is nothing

in his grain-built body to cause or feed smallpox. The hog-eater has a yellow skin, the man that lives on the small grains, in bread or mush, has a clear, clean, healthy skin, through which you may see the veins in his face. In his whole structure there is no impurity, none of that corrupt matter which is the essence or seed of such diseases as consumption, catarrh of the head, scrofula, sore eyes or ears, ulcers, boils and many others. I know many of my readers have learned to call this disease-seed poison, but its true name is corrupt matter, made from and out of the pork, lard, sugar, oils, etc., eaten as food. Call it not poison, but shun it as poison hereafter, as I do. An argument about as old as pork-eating and quite as sensible is, "What is the hog made for, if not to be eaten?" Were I to ask what the buzzard is made for, you would say, "He's a scavenger; he is made to eat up the filth and off-scourings of the earth." Yes, and if a dead hog and a dead ox lie together in the same field the buzzard will go to the hog carcass first. If the buzzard himself should die, there's no living thing except carrion-worms that will eat his body. If possible, the hog outdoes the buzzard in filthiness; not only does he delight like the foul bird to fill himself with impurity and rottenness, but having made his disgusting meal, hunts for the dirtiest hole to lie down and snooze it off in. The other day I saw a sow eating a dead, rotten hog by the roadside. Should the sow's owner ever ask me to dine off his pork, I ought, in order to return the compliment in kind, get a nice fat buzzard—one of the sort you can smell forty rods—and having killed it and cooked it, send a pressing invitation to him to come and share the feast with me. My buzzard would be just exactly as fit to eat as his hog; there's a little difference in the name, that's all.

FATS.

The proportion of fat, or its equivalent, in butter is 83 per cent. ; in lard, 90 per cent. ; in white flour, 90 per cent. ; sugar, after extracting water, 95 per cent. One ounce of butter produces as much heat in the human body, as ten ounces of lean beef, or four ounces of Graham flour. Why, then, need there be any wonder or uncertainty as to what fever is, seeing that fever is common heat to that excessive degree which is caused by eating too much fat. Looking at the list at the heading, one sees they are almost entirely fat—heat generators. When taken into the system they putrify and rot it. (See Smallpox.) All of these articles are artificial productions ; from each and all of them the nitrogen has been taken away, and nitrogen is the essential element in and for lean flesh or muscle. Besides the nitrogen, they have been deprived of lime, potash and soda, which are the great bone-builders, and phosphorus, which is the very substance and life of the brain and the nerves. Thus all these parts of the human structure are being starved while the fat is eaten to excess, and that excess rots, putrifies, inflames, and makes corrupt matter in the body, and so prepares it for the smallpox, or kindred diseases.

THE AIR.

We are all conscious of being surrounded by an invisible sea. Though the eye perceives it not, its existence is demonstrated by the force its waves and currents exert upon us. When we examine this sea

of air in which we live, and move, and have our being, separating its component substances or elements, we find carbon, oxygen, nitrogen, phosphorus, hydrogen, and traces, more or less distinct, of other things. It is very difficult for the mind to grasp the immensity of the fact that this air, consisting of these parts named, is constantly passing into and out of every living thing on earth, be it man, beast, tree, or plant; and no less certain is the fact that it is thrown off into space from every rotting and decaying material wherever found upon the earth's surface. Taken by breathing into the lungs, it is taken up by them and by the proper agencies carried to all the various parts of the body, furnishing a very important proportion of flesh and heat, or heat-making material.

It is important to recognize and properly value the fact that the open space may be, at certain times, more heavily charged with one or all of these component parts of the air than at others. When a copious rain-fall occurs in hot weather, the amount of material evolved or thrown out into space is greater than in dry, cold, weather. This is proven, as well as nicely illustrated, by examining a fence-post, ten or twelve years in the ground. Digging it up, we find the top quite sound,—because it was dry during the greater part of the time. Looking at the extreme lower end, we find it rotted or decayed but little, if any at all. The point where the decay is greatest, and perhaps absolutely complete, is at the surface of the earth, and for, say, six inches below it, or, *exactly where the heat and moisture are both retained and meet together*. From this we obtain the important fact that decay results from the combined action of heat and moisture.

Ague and bilious fevers are most prevalent in low, swampy districts—are seldom found elsewhere, and very rarely on mountains, if at all. Now, while the explanation of this is very simple its importance as

to health can not be overestimated. It is—these diseases are—by *natural* and *unnatural* conditions. As to the first, in those districts, and in river bottoms also, the decay of vegetation is exceedingly great. By this the carbon, to an immense amount, is taken out of or released from the decaying substances and thrown where it settles by its weight, near the land, producing of course an excess of that great heat-breeding element. As to the unnatural conditions, or those brought in by man and not nature, we know that in such bottoms and swampy localities, the food eaten, such as pork, molasses, corn-meal, white-flour, etc., contains an excess of carbon—most of these, as fat pork, being almost wholly of it. By reference to my article on Malaria a Humbug, this will be more fully applied practically.

The principal part of all living structures, whether man, animal, or vegetable, is water. Of the remainder, aside from the mineral substances, the larger part is derived from the open space or air,—larger, I believe, than from food itself. Now, as the mineral substances amount to only three pounds in a hundred, it may be seen how all-important pure air, day and night, is for the maintenance of the body in constant health. When one deprives himself of pure air, faintness and debility follow. An open window let down from the top, and sunlight freely admitted are worth more than all the fashion and pride that causes misguided victims disease the world over. It seems as if a child could understand that in order to build a pure or healthy structure one must use pure or healthy materials, and so, considering that the value of good air has been made evident, I will add a practical illustration of the effects of

FOUL AIR.

The other morning I went to church where the house was filled with people. The stoves were hot, the room all closed up, every window tight, and no

fresh or pure air admitted in any way whatever. Were this the proper place, a sermon might be written here on the insulting impiety of excluding one of the best gifts of the Creator while professedly engaged in worshipping Him, as this preacher and his people did ; but let us look at the physical state of things only in that meeting. From every human structure in that room, from the hundreds of lungs and from the millions on millions of skin-pores in that congregation, there was constantly passing off, for about two hours, that which is certain disease, if not quick destruction, to lungs, head and flesh, *if breathed again*. I mean to say that from each body there, by the breath and by the exudations of the skin, there were really and actually streams of corrupt matter, or the essence of disease, poured forth for hours. From this statement, brief as it is, and by no means strained or exaggerated, it is evident that the atmosphere immediately surrounding each of these persons was so vitiated and filled with impurity that it may be regarded as unmixed corruption ; and as surely as corruption breeds disease and is the parent and source of it, so that air is also —practically, we might use the word “ corruption ” instead of “ air ” when speaking of the atmosphere in that church.

It may be well to call in the aid of a little simple arithmetic to give a true idea of what actually transpired in that foul air that morning. Looking at books written by men who claim to have made such subjects their life-study, we see that they do not agree as to the amount of pure or unbreathed air a person requires each hour for health. Some claim, for instance, that the requirement is 500 cubic feet per hour, while others insist that not less than 3,000 cubic feet per hour is needed. Let us take the amount as 1,000 cubic feet per hour, needed by each individual. According to a very liberal measurement of the room, it contained 120,000 cubic feet

of air ; the congregation numbered 200, at the very least. If “figures don’t lie,” in thirty-six minutes every *particle of that air had been breathed*. Of course, from the very start the process of filling it with corruption from lungs and pores was going on, so that, as no fresh air was admitted, at a very early stage of the meeting each person had breathed in more or less of the foul exhalations of his neighbors’s lungs and skin, and had repaid the same in kind. Nor must I omit to state that the preacher that morning puts not only the “Rev.” before his name but “M. D.” after it, he being an old school doctor of medicine. Leaving each reader to form his own conclusions as to the ignorance or something worse thus displayed by this titled teacher (?), I will only add that he had “a bad cold”—was so hoarse that he could scarcely talk, but no doubt he and some others would call that an affliction sent by Divine Providence. It is a falsehood ; it is a base slander to say such things of the Creator. That cold and hoarseness, and all the bad colds and all other diseases which were “caught” that morning, can be, in right and justice, charged only to human ignorance, human mulishness and human folly ! May this incident, taken as it is from real life, so impress my readers that hereafter pure air in abundance will be put down as absolutely essential to health.

CARBON, OR OIL AND GREASE.

Oil and grease, consisting as they do almost entirely of carbon, I shall use these words interchangeably, practically, and for my present purpose, they are all the same. In this sense it is proper, though perhaps startling, to say the open space, or air, is

full of *oil*. To show this, take some oil and burn it. It is not destroyed ; not a particle of it is annihilated nor ceases to exist ; it passes into the open space. Growths of all kind contain carbon, some more and some less, but it is a very considerable component part of all. Take a load of hay, straw, corn-stalks, wood, wool, or even an animal, bones and all, burn them, and with the exception of three or four pounds out of every hundred, it all passes with a mighty energy into open space. Just as truly as it came, in the burning, from plant, tree, vegetable, or animal, so truly also is it now stored up in nature's great reservoir, the air, ready to be re-made into animal, vegetable, plant or tree again. The following brilliant passage is from a work of Prof. Joseph P. Cooke, Jr. :

“When standing before a grand conflagration, witnessing the display of mighty energies there in action, and seeing the elements rushing into combination with a force which no human energy can withstand, does it seem as if any power could undo that work of destruction, and rebuild those beams and rafters which are melting into air? Yet, in a few years they will be re-built. This mighty force will be overcome; not, however, as we might expect, amid the convulsions of nature or the clashing of the elements, but silently in a delicate leaf waving in the sunshine. The sun's rays are the Ithuriel wand which exerts the mighty power, and under the direction of that unerring Architect, whom all true science recognizes, the woody structure will be re-built, and fresh energy stored away to be used, or wasted, in some future conflagration.”

As burning, and rotting, and decaying are practically one and the same process, only performed in periods of time differing in length, we may say, for sake of brevity, that all the wood, vegetables, and animals that ever rotted away were burned. Therefore, to all that we have been able to conceive of as thrown off into the air by fires and great conflagrations, we must add all that rotting or decaying has

deposited in the same great store-house. What mind can grasp this tremendous aggregate ; what intellect, short of the Creator's, can follow this unceasing and stupendous round of work ? Not one particle or atom is lost, destroyed or annihilated ; not one single atom, even the tiniest of them all, has passed out of existence since creation ; nor has one such come into existence since then. Millions of times each has changed its visible habiliment, no doubt, but otherwise it has been, and is, unchangeable and indestructible.

In its bearing upon the questions of food and health, this immense supply of oil and grease (or carbon) in the air deserves still further study. In those districts where heat and moisture together are the greatest, decay is also the greatest and most rapid, and therefore in river bottoms, notably the valleys of the Ohio and the Mississippi, or the Missouri, and all such tracts, the covering atmosphere is most abundantly filled with carbon, or plainly speaking oil, fat or grease,—the great producer of heat. Nor should it be forgotten here that fever, so called, is heat in excess. Naturally then, to be in harmony with the laws of health, the inhabitants of the localities named should eat no grease fat, oil, or other form of carbon or heat ; but, as we know, the very reverse of this is their practice. Hog-meat, corn-bread and molasses, three times a day, seven days in the week, is about the rule there. No wonder that fevers, chills, agues, and all such diseases abound there in such deadly profusion and power !

Turning from man's folly and his blunders, both indeed suicidal, let us pass to an instructive and beautiful illustration of the Creator's wisdom. A survey of the tropical zone shows that there, where the heat is the greatest, there is little moisture ; so that decay, or the process of throwing off of oil and grease or carbon into the air is exceedingly slight. Where heat is already in abundance, nature adds no

more,—just the reverse of man's practice. There, also, in those hot countries, fruits and vegetables, containing little carbon or heat, grow abundantly for man's food; indeed they grow spontaneously, almost without his exerting that labor for which, by such a temperature, man is unfitted almost wholly. Furthermore, as recent investigations have shown, the amount of oil and grease (or carbon) in corn and some other grains grown in the hot tropics is far less than what is found in the *same grains* when raised in temperate and more northern and colder regions. For every hundred miles the examiner travels northward, he finds an additional and regularly increasing amount of carbon or heat.

Let others do as they please, but I for one, will gladly record my most profound adoration of the Creator in the presence of such admirable and benevolent manifestations of His wisdom and His goodness to man. Would that all might not only thus adore, but learn and *practice* the lessons as to health so clearly taught by His works and plans.

FEELING OR TASTING, WHICH?

A traveler on the highway often comes to a point where two roads meet. He must choose between the two before going further, nor is it a matter of small moment which road he takes. One leads to home, fireside, comfort, loved ones, and happiness; the other road, perhaps equally inviting at first, leads to swamps, mud, disaster, and midnight darkness.

Before every reader of the HOME GUIDE there is just such "a fork in the road,"—just such a choice as meets the traveler homeward-bound. On one

hand, say the right, (for it is *right* in every sense), lies a road which we will call feeling; the other, the left. (and you will get "badly left" if you take it), we will name tasting. The question is, which do you prefer, feeling well during the twenty-four hours, sleeping well for ten hours, free from dreams and nightmare; or do you choose tasting for fifteen or twenty minutes, three times a day, that which bad training has taught you to call nice? You must choose for yourselves; no one can make the choice for you.

If "feeling" is your choice your mind will be clear, unexcited, never unduly stimulated; contentment and an inward satisfaction, which is only appreciated when felt, will be your lot. Even any self-denial which previous indulgence may render necessary, will become a source of pleasure by the consciousness of self-control and the evidence that your body is your servant, not your despotic master. But, if, on the contrary "tasting" is your preference, the short-lived gratification it offers must be bought at a fearful price. Your entire bodily structure will soon become filled more or less completely with corrupt matter, which by the very law of its nature, and from the very fact that effect follows cause, must work evil, and only evil continually. Feverish, nervous dreams, horridly vivid visions of falling, drowning, fighting; of snakes, bulls, dogs pursuing and overtaking you; jerking, struggling to escape from brandished knives and leveled guns; blood-curdling sights of mountains toppling over on you, and you powerless to move, midnight thirst; parching your throat while visions of cool streams flow by just out of reach while you groan for water; a bitter, sickening taste filling the mouth when you wake with the longed-for morning light, a stomach hot, irritated, and sore, turns against the morning meal, and thus, with this sickened body and disturbed mind you begin the day. This is only a part

of your lot if "tasting" is your choice. The future offers no assurance of better things to you, but, on the contrary there is, added to present discomfort, the almost absolute certainty that disease in some form or manner, awaits you; the seed is sown, and mortal never heard truer words than "whatsoever a man soweth that shall he also reap."

This road we have named "tasting" is an easy one to travel *only* in the sense that it is well greased; plenty of fat, oil, butter and the like may be found on it, but after traveling that way for thirty-five years, I can honestly say that in all that weary time I found only evil, disease, and pain, headache, neuralgia, rheumatism and catarrh; twelve years was I drugging and doctoring without any permanent relief, much less any cure. But, at length I learned the lesson, and although so far advanced on the wrong road that it seemed hardly fair to expect any benefit from taking the right one, yet, after fifteen years spent upon it, with fair Health as my constant companion, I can testify to the many comforts, advantages, delights and benefits it yields.

To speak plainly and not in parables, the choice is between living to eat and eating to live. If my reader decides that henceforth he will eat to live, let him eat right and he will have right living, with countless benefits as his constant and unfailing reward.

FOLLIES OF MAN.

Under such a heading volumes might be written, but let us single out two follies, or, rather, two ways, in which the same folly of man is exhibited.

First. As shown clearly and repeated in this book, man's body is a building. Though not the

creator of it, man himself is certainly the builder of it. To say that he desires health is only saying that he wants to have a good, sound, healthy building. And it is just at this point that his folly shows itself. If he happens to be a mechanic and undertakes to build a machine, a wagon, a mower, a boat, a dwelling, or a barn, he knows full well that in order to construct a good one he must unquestionably use good and only good materials, and only such as are adapted to the character of the structure to be built, and the object for which it is intended. He does not select buckeye wood, linwood or pine for a wagon, a mower, or a buggy. No, he selects his wood, his iron, and his steel of the right kind, and the best of its kind. Yet here, knowing all this, and putting it into practice in mechanical work, at the point he takes up the question of making a sound, serviceable human body, man's sense seems to leave him, and folly takes its place in governing his actions. Knowing, as he does, that what he eats, drinks, and breathes is just so much material worked into his body, he eats, drinks, and breathes not the best, but the very worst and unfitted things he can find. Nay, he does not find them—that would imply a foul slander on nature—he makes them by unceasing toil and at unlimited expense. And so he builds with pork, lard, butter, sugar artificially produced, whisky, beer, tobacco, flour deprived of its very best parts, molasses, candy, pies and cakes, and vainly imagines that, by some unknown power, these evil things put into his body will, when once there, construct an edifice healthy, durable, and sound. One-half the people in lunatic asylums to-day are not as insane as such a man is. He is expecting to gather grapes from thorns, or figs from thistles, or health from corruption.

Man, having brain and nerve which must be fed, built upon and sustained by phosphorus, has given to him the wheat, which contains this essential ele-

ment in abundance ; but he, in his folly, invents and uses an expensive and laborous process for taking away from the wheat almost, or quite all, the phosphorus, and then devours the remainder. No wonder he is foolish—I almost said brainless and nerveless. His body needs constantly an inner framework of sound, strong bone. Nature places in the oats, the wheat, the barley, just the needed lime—the great bone builder ; but man carefully bolts it all out, or very nearly so. Thus he treats every supply for his body which the Creator furnishes, throwing away the best and most needed elements ; eats, or rather devours whole, what is left after it is made still more and more unfit by cooking, yeasting, salting and seasoning, and then probably blames his Creator for the evil consequences, i. e., diseases which follow.

Second. Not only does man (mankind at large, I mean), cast away the right materials for bone, brain, nerve, and muscle-building, but he imposes upon himself (and his wife oftentimes), the tremendous burden of labor necessary to make or buy things worse than needless and always harmful. The cost of making wheat into white flour, with all the modern machinery for robbing it of its best elements ; the cost and labor of most cooking ; the misuse of all the capital thus invested, instead of being used to make the whole wheat cheaper ; the expense of making rye into whisky instead of bread ; the cost for drugs, doctors, courts, constables, jails, hospitals, and asylums, must all be added together and the tremendous total charged to that folly of man which, by its insane promptings, does not permit him to “let well enough alone.” The necessities supplied, amply and richly as they are, do not satisfy ; what he calls luxuries must be had also, and frequently at the sacrifice of the real necessities of life. Many a man, many a family, is to-day living (?) in a poor, weather-beaten, leaky, unhealthy dwelling house, with

old hats for window lights, who has spent more than a good house costs for pork, whisky, sugar, tobacco, emasculated wheat flour, and such things; and then, in addition, has paid more than enough to furnish a good house comfortably, for drugs, doctors, coffins, and tombstones. As *Puck* says, quoting the poet, "*What fools these mortals be!*" This is not scolding or abusing anybody. I did the same myself for more than a quarter of a century, but, having seen its folly, or rather having been taught it by bitter experience, I therefore speak plainly and earnestly. It is in proportion as a man brings his wants and desires into strict harmony with his real and true needs, that his health and happiness increase.

ALCOHOL IN THE HUMAN BODY.

Any book claiming to be a guide to health must not ignore the subject of alcohol. I shall, therefore, without further preface, offer a few extracts relating to it. They are taken from a very valuable and sensible work, by my esteemed friend, Dr. Kellogg, entitled, *A Practical Manual of Health and Temperance*. Published by the Health Publishing Co.: Battle Creek, Mich.

ALCOHOL DESTROYS THE BLOOD.

"When this fiery drug is taken into the stomach, it is soon absorbed into the circulation, where it comes into contact with the corpuscles of the blood. The effect upon these delicate and important structures we can study by applying alcohol to the blood outside of the body: for the corpuscles will retain their life and activity for several weeks after being removed from the

body, if placed under proper conditions. To make no mistake about this matter, we will perform the experiment while we write. Our microscope, which will magnify one million times, being in readiness, we thrust a needle into a finger, and thus obtain a tiny drop of blood. Placing it upon a glass slide, we adjust it upon the instrument and look at it. Although the film of blood in view is so thin as to be transparent, it is crowded with beautiful bi-concave discs, the red blood corpuscles, each of which is perfectly formed, though only $\frac{1}{3500}$ of an inch in diameter. Now we apply a drop of alcohol, a very tiny drop. Mark the effect. No sooner does it touch these little bodies than they begin to shrink, and soon lose all resemblance to their natural appearance. In a short time they are seen breaking up into fragments; and in five minutes from the commencement of the experiment the once beautiful and symmetrical little bodies which compose one-half of the blood, are reduced to broken fragments and shapeless masses. They have been fairly cut in pieces and eaten up by the alcohol."

THE HEART OF A DRUNKEN MAN.

"When alcohol is taken into the blood, it soon comes in contact with the nerve centers which govern the action of the heart. Its effect is the same as upon the other nerve centers. It paralyzes them, just as chloroform does the brain. Then the heart is like a steam engine without a governor, or a clock from which the pendulum has been removed. It runs down with wonderful rapidity. This effect is largely due, also, to the influence of alcohol upon the small blood-vessels, the nerves which control them becoming paralyzed, and they become dilated or relaxed, and so afford less resistance to the action of the heart, allowing it to beat too rapidly. This increased action is most unfortunately mistaken for increase of strength on the part of the organ, when it is mere increase of action, or *wasted force*. The amount of extra work done by the heart under the influence of liquor may be readily estimated. Dr. Parkes, by a series of careful experiments, found that the pulse of a man whose heart beat about seventy-four times a minute, or 106,000 times in twenty-four hours, when drinking only water, was, when under the influence of one ounce of alcohol per day, compelled to beat 430 times more in a day. Two ounces of alcohol per day caused an increase of 1,872 beats a

day. Four ounces required 12,960 extra beats. Six ounces drove the pulse up to 18,432 extra beats; and eight ounces to 25,488 unnecessary beats, or nearly one-quarter more than when taking only water. The force exerted by the heart at each beat is about ten pounds. The actual amount of *wasted force*, then, in the above example, which was that of a young man, was as follows: From the one ounce 4,300 pounds, that is, of force equivalent to that expended in lifting 4,300 pounds one foot high in a minute; two ounces, 18,720 pounds waste. (This is the size of a very "light dram" or "nip"); eight ounces 254,880 pounds, or more than 127 tons wasted force. Others, too numerous to name here, have repeated this and similar experiments, and have, in every instance, reached the same results."

THE WHISKY FLUSH.

"The local blood supply of the body is regulated by means of special nerves which follow the blood-vessels from the heart to their minutest distribution. One of the effects of alcohol is to paralyze the centers in which these nerves originate, the effect of which is to allow the vessels to become unnaturally dilated, allowing too much blood to enter various parts, thus occasioning congestions and even inflammations. In this way the lungs, liver, heart or any other part of the body may become diseased. It is this which causes the drunkard's face to flush; and not only the face but the whole body, the brain, the liver, every vital organ, is in the same state of congestion. Is it any wonder that the drinker feels depressed and enervated, and in need of a 'pick-me-up' the next morning after a debauch, or that he falls so easy a victim to causes of disease which others escape? The system is prepared by the influence of the drug for any form of malady."

THE DRINKER'S BRAIN.

"The brain, when healthy, is so soft that it would not retain its shape but for the skull. The sharpest knife is required to cut it without mangling its structure. It is necessary to immerse the organ in *alcohol* for weeks or months in order to harden it, when a careful examination is essential. A drunkard's brain presents a marked contrast. It is already hardened,

pickled almost. In the dissecting room it affords rare pleasure to the medical student to secure the desiccated brain of an old toper. A celebrated anatomist declared that he could tell a drunkard's brain in the dark, by the sense of touch alone. A London physician reported a case in which he found, upon making a post-mortem examination, so strong an odor of alcohol emanating from the brain, that he applied a match to it, when it burst into a flame. The quantity of alcohol in the brain is sometimes so great that it can be collected by distillation after death. While every drinker's brain is not as hard as a pickled one, a brain-hardening and brain-stupifying process has certainly commenced."

As another very respectable author has said, "A stimulant is that which gets strength out of a man." It never does, it never can put any into him. Or, to quote our first author again :

"A conclusive evidence that alcohol is not a food, is found in the fact that when taken into the system it undergoes no change such as foods undergo. It is alcohol in the still, alcohol in the stomach, alcohol in the blood, alcohol in the brain, in the liver, in all the tissues, and alcohol in the breath, in the perspiration, and in all the secretions. In short, alcohol is not used in the body, but leaves it as it enters, a rank poison.

"Alcohol has the remarkable property of preventing decay in other substances. It has been suggested that this is an argument in favor of its use as a beverage, as it may prevent the destruction of the tissues, and so preserve life. The argument is worthless, absolutely and utterly worthless. Alcohol preserves from decay, but not from death. It makes a very good pickle, but human pickles are not useful members of society."

ALCOHOL AND LIFE.

Pour alcohol on or around a plant, and almost immediately it wilts and quickly dies. Take a bucket of water, pure and fresh, just what a fish likes, put the fish, or a frog, into it and there is life and activity. But add a small amount of alcohol and

there is almost instantly the death of both frog and fish. Such an active poison as this can not be otherwise than destructive to the man who drinks it.

COMMON DRINKS.

Many people, being forced to see the destructive nature of alcohol, indulge in popular drinks on the ground that they are not alcohol. For the benefit of such, here is a table of various drinks, showing the amount of alcohol in each: light beer, 5 to 8 per cent.; cider, 5; ale, 10 to 20 per cent.; wine, 7 to 25 per cent.; gin, 39; whisky, 46; rum 48 per cent.; brandy, 54; and various brands of "Temperance Bitters" are from 6 to 60 per cent. alcohol.

HASTY EATING.

Even the very best and most proper food may be made to do harm, if eaten improperly. Eating too fast, and at the same time drinking tea or coffee to wash the food down, is a custom as general as it is hurtful. In such a case of hasty eating, the food is not sufficiently masticated or ground up; a needed supply of saliva is not collected in the mouth as it would be by proper chewing, the food, not rightly softened by the saliva, is "chucked" into the stomach in chunks, or bits, instead of reaching that much abused and overworked organ in the shape of a thick, fibrous paste, as it should do. The food, being in this shape, it necessarily remains too long in the stomach, upon which it has placed work not belonging to it at all, but to the teeth. This causes

irritation, inflammation, extreme heat, and this frequently causes dyspepsia. The blood, which invariably rushes to any distressed part, flowing to the stomach, leaves the limbs and muscles, lets them grow cold and weak, and as the pores of the skin are thus closed, as in all cold, the adipose or broken-down tissue can not be cast off through them, but is borne back to the stomach, where it increases the inflammation, producing fever, or heat, and decay in the muscles of the stomach, ending in soreness, pain and many forms of disease, such as bilious fever, intermittent fever, typhoid, etc., etc.

This peculiarly American habit of hasty eating can be overcome by a firm determination and constant watchfulness. Thirty minutes is not too long a time for any properly eaten meal; forty is better still. For every ten minutes, up to sixty, that you add to the thirty, as many years will be added to your life—your healthy and contented life, at least. Eat slowly; drink neither tea, coffee, milk, water, or any other fluid with the meal. Remember, when sitting down, what is the real purpose and benefit in eating; which is to *build up the body*. If you want a good building, don't throw the chunks in at random, but grind them up fine.

FREEZING.

REMEDY.—First apply turpentine to the frozen part. Then put it into cold water, letting it remain there until the frost is all taken out, then wipe dry, and wrap or lay on a cloth saturated with turpentine to the part. I tried this myself with a frozen foot; it gave me no pain, did not swell, and recovered completely.

BLEEDING AT THE NOSE.

This is caused by the blood flowing to the head and bursting the fine silk-like veins of the nose. The rush of blood to the head, accompanied by inflammation, takes this means of escape.

REMEDY.—Put the limbs into hot water, wet the back of the neck with cold water at the same time, drink hot water or hot tea to cause the perspiration to flow freely, and the blood to resume its circulation through the limbs, etc. Drawing cold water up the nose will often stop a slight attack. As a preventive, bathe frequently, eat food as per directions under Perfect Food, and follow General Instructions.

REGULAR BATHING.

It is folly for any man or woman to expect perfect health unless the skin is kept clean and in a healthy state, with its pores open so that corrupt matter may pass out by perspiration. This can not be done without bathing twice, or at the very least, once each week. This may be done at little or no expense, and if it does make a small amount of work, and take a little time, it's much cheaper than sickness and doctor's bills. Three simple ways may be suggested. First, have the room warm, fill a large bowl with mildly warm water, strip and wash all over, being careful to wipe thoroughly dry. Second, in a warm room, have a tub made twenty-eight inches high, with a section of one-third part, fourteen inches deep, cut out of the side. Through this opening the legs can come so as to bring the feet into a foot-

tub or bowl, which is placed alongside. Put warm water in both tubs, cover the whole person with a comfort. On getting out cover the whole body with a well-warmed sheet and rub the entire person vigorously with it. Third, a full bath or immersion of the whole body in warm water where a regular bath tub is available. A warm sheet should be used to dry with, as it covers the person and so protects from draft. A little toilet or other good soap should be used in all the above methods.

NATURE'S FOOD.

Coarse or plain food accords with nature's laws, and the reason why you should eat "rough" food is, it furnishes an aid, in the passage of the bowels, which must be kept open for the discharge of matter needed for building up the body, in tissue or blood. Concentrated food passes into the circulation, leaving little or nothing to pass through the bowels and, used too freely, or intemperately, which is the case with high livers generally, produces constipation. In a word, the bowels are "bound up" and become inflamed, causing diseases of almost all kinds. Extra carbon is thereby thrown into the lungs and head, causing what you call colds; but, instead, it is lung fever. Ask yourself what you would do for a horse that had been fed upon too much grain, and his bowels had become "bound up." Would you give him drugs? No, you would give him chop-feed and hay, if treating him right—something to fill up the bowels and pass through them.

You, too, then, must eat less concentrated food, and keep the bowels open. Less carbon; grain, as

food, is as good for man as for a horse. Eat, then, bran and all, with plenty of fruit and vegetables; and you will have health and enjoy true happiness.

If, in the matter of food and cost of feeding yourself, the amount, or weight, per hundred pounds, were given a horse, what would be the cost of the maintenance of a horse for one year? Think of it. The flesh, in both cases, is about the same, and the waste of the body proportionately the same. Why, then, so much costly preparation of injurious food for the human stomach? I have tried both styles of living, and speak from experience and observation when I say, there is no reason why any one should thus injure himself, destroy his enjoyment, and shorten an otherwise prolonged life of comfort and happiness. Try the better diet, dear reader, and find this is no dream but stubborn fact. Brown bread, boiled wheat, vegetables, lean meat and fruits for man; grain, chop-feed, grass and vegetables for beast.

A LITTLE ADVICE.

Avoid traveling doctors, lotteries, gift enterprises, patent rights, patent medicines of all kinds, all games of chance, all drugs and doctors, for what they want is your money.

Instead of all the time wishing to get ahead of some one else, day in and day out, fretting and worrying about unnecessary things, give some thought to body and mind; for the former is not required to make one's life happy; on the contrary will make you miserable. Inhaling pure air, and supplying only the body's waste with plain food, I now find life enjoyable, as compared with former conditions.

I can now do with about two kinds of plain, nutritious food at a meal. (On the subject of healthy food, see article in this work.) To be happy, I say you must limit your desires; and be content with your lot, if having an honest occupation. If healthy, take care of your health, on these hygienic principles.

There are too many things made and sold that are in nowise beneficial to mankind, of which it is best to "touch not, taste not, handle not." Some of these I have alluded to.

By strict obedience to nature's laws, you should bathe at least once a week in milk-warm water, to keep the pores of the skin open; and always keep the head cool and the feet warm. Keep cool all over—mind and body; never get excited. Treat hot stoves and hot heads as mortal enemies.

LIGHTEN LABOR.

It is man's option to shorten labor by machinery. Great discoveries have been made in that direction in the last few years: steamboats, steamships, steam engines of all kinds. Almost all the power now used in running machinery is done by steam, even to plowing, ditching and road-making as connected with farming interests. Then there is the multitude of agricultural implements, now in use for the benefit of the farmer; to say nothing of the hundreds of other machines in common use for the lessening of labor in the various industries of the world. Yet the people are weaker in body, if not in mind, with these superior advantages and improvements, than in preceding generations. The reason is, they live

too fast and are running the human machine by steam. This is contrary to nature; hence the increase of invalids, and the fact that they do not "live out half their days."

A proper regard for these bodies of ours is to be found in discarding stimulants, and supplying only our real wants by lessening the number and kinds of food, or stuff, usually taken into the human stomach; and using good plain food, manual labor, so vastly lessened by the use of valuable machinery, is made a blessing and not a curse. Labor is honorable and necessary in human activities, and, with true hygiene, in the manner herein treated upon, becomes not only endurable, but real pleasure is increased one-half. Eat less and wear less; be not "consumed of your lusts;" and, hard toil lessened, your body becomes strong, the mind vigorous, life sweetened, and "length of days" added therewith.

INSTRUCTION IN SCHOOLS.

There is great need of instruction to the rising generation, in our schools, on the cultivation of the human body; something more thorough than the mere smattering now afforded. True, it is a matter that parents, themselves, should enforce at home, where it would be reasonable to suppose their maternal relation to their offspring would lead them only to feed what is good for the perfection of their bodies, followed by information and example on the subject. But as this is not done under present conditions of society, and the pampering of appetites from the youngest to the oldest, parents and children alike, indulged in it, and the evils consequent

thereon constantly increasing ; in order to stop the degenerate tendencies of the times, practical teaching, if not schools devoted to the subject of reform on this and kindred subjects, is now needed. The rising generation, at least, should be taught to know what is healthy food and what is not—the elements of the body,—and what composes the different kinds used and alone necessary for sustaining it. The deleterious and poisonous food and drink, though in common use, needs to be analyzed and explained as to their common destructiveness. In this way, learn to use only that which is good and reject what is proven to be bad in its effects upon the human system. The benefit derived from the rays of the sun and electricity, light and air, of what these consist, and their operation upon the human frame, in and out doors, and the necessities arising therefrom in the construction of strong and healthy bodies, is the kind of instruction called for.

The limits of this work not allowing of elaboration, let it suffice to say, now, in awakening attention to this subject, in a word, teach how much food is to be derived from the elements—in breathing pure air, drinking pure water, eating only proper food, bathing frequently and keeping clean ; and learn the mutations the body undergoes—the new flesh taken on, and what becomes of the old. Teach what are hurtful to the human temple in the use of narcotics, as tobacco, opium, tea, and coffee ; what all liquors are ; what about fat meat, white flour, sugar, molasses, pickles, and all such things, in their destructive effects on the teeth, stomach, and bowels,—indeed upon the entire human system. Teach what disease is, what produces it, and how to prevent it—how to cure disease without doctors and their medicines. So philanthropic an object as this, one so feasible and simple, appeals to the common sense of every discerning mind, as being eminently just and proper.

CAUSE OUR OWN TROUBLES.

For fourteen years the writer was an invalid, suffering greatly from pleurisy, rheumatism, neuralgia, and general debility; eating mixed foods and taking drugs most of the time till life became a burden. Two trips were taken South for the recovery of health, wintering over in Texas; and, living principally upon corn bread, got stout. Now, from eating this simple food, the sunny side of life is experienced, bringing peace and happiness. How great the change from that of suffering incessant pain, pangs and misery, taking nauseous medicines most of the time, chewing tobacco, and eating most everything in the old greasy style of living. With the diseases named, there would be a chilliness, dull headache, fever, cold feet, hot head, hot body, loss of mind, loss of sleep; to die would have been a relief, at times. The system was filled with carbon and oil, more than could be used by the body, hence the disease. Oh, how pleasant and happy now, and the last eighteen months, since being restored. Not a drug is used in the family, composed of wife, self, and three little girls, all in the bloom and vigor of health. How sweet to live a natural, not an artificial, life. Two years since it was the reverse of this. The girls, with ourselves, were unhealthy and restless. Now they are plump, rosy-cheeked, thin-skinned, fine-featured and full of active life. The eating of coarse food, the grains and luscious fruits, is what makes fine flesh, and, breathing pure air, active limbs and healthy bodies. Merry as the birds, young and old may enjoy such freedom, if they but follow the dictates of nature.

We cause our own troubles, our diseases, discomfort and misery. Let the cultivation of the body and soul of man be attended to, in their real inter-

ests ; the goddess of fashion be undermined by anti-fashion, dress and health reform societies ; eat healthy food, wear proper clothing, live much in the open air and well-ventilated houses ; keep out of debt, do business fairly and squarely, put your contracts in writing, not thinking every one honest or yourself free from mistakes ; leave no gaps open for lawsuits, litigations, or disputes, with neighbors, friends, or enemies ; live honestly, walk uprightly. Pursuing this course, you may come to "sit down under your own vine and fig trees, none daring to molest or make you afraid."

Let the mind be cultivated, as well as the body, your reading being of a select, entertaining and instructive character. Books of the exciting, blood-and-murder sort, and of the love-sickening kind, sensational papers and magazines, should never be allowed in the household or library. From the indulgence of these, is created and nourished that morbid taste for pernicious literature that engenders strife and trouble wherever found. It acts on the mind, producing impure thoughts and murderous intents. Shun these things as you would deadly poison.

Excepting accidents, causing broken limbs, etc., the eating of unhealthy food, is the great cause of troubles to the body, and may be enumerated as follows: Fat pork, indeed swine-flesh in any and every way ; butter, sugar, molasses ; the fine white flour in general use ; mince pies, rich cakes, and all kinds of rich pastry ; candies, jellies, preserves and pickles ; pepper, spices, tea and coffee ; vinegar, and all fermented stuff ; even hard water, impregnated with lime, which inflames the kidneys ; sour milk, soda, cream of tartar, and the different compounded nostrums, are life-destroyers ; salt fish and salt meat ; spirituous liquors of all kinds, and all kinds of patent medicines and bitters ; tobacco, cigars, and the most dangerous of all, the drugs used

by the drug-doctors. Fourteen years' experience under the *old regime*, contrasted with two years life and energy enjoyed by the *new*, leads me to speak thus plainly for the good of those in the land of the dying. I have been saved by strictly adhering to nature's laws, by eating healthy food, drinking pure water, and letting the sunshine and air into the house, and exercising in the open air.

HEALTHY FOOD.

The person who decides what shall be the food and drink of a family, and the modes of its preparation, is the one who decides to a greater or less extent what shall be the health of that family. It is the opinion of most medical men, that intemperance in eating is one of the most fruitful of all causes of disease and death. If this be so, the woman who wisely adapts the food and cooking of her family to the laws of health, removes one of the greatest risks which threaten the lives of those under her care. But, unfortunately, there is no other duty that has been involved in more doubt and perplexity. All material things on earth, whether solid, liquid, or gaseous, can be resolved into sixty-two simple substances, only fourteen of which are in the human body; and these, in certain proportions, in all mankind. Thus, in a man weighing 154 pounds are found 111 pounds oxygen gas, and 14 pounds hydrogen gas, which united, form water; 21 pounds carbon; 3 pounds, 8 ounces nitrogen gas; 1 pound, 12 ounces, 190 grains phosphorus; 2 pounds calcium, the chief ingredient of bones; 2 ounces fluorine; 2 ounces, 219 grains sulphur; 2 ounces, 47

grains chlorine ; 2 ounces, 116 grains sodium ; 100 grains iron ; 290 grains potassium ; 12 grains magnesium ; and 2 grains silicon. These simple substances are constantly passing out of the body through the lungs, skin, and other excreting organs. It is found that certain of these excreting elements are used for one part of the body and others for other parts, and this in certain regular proportions. Thus carbon is the chief element of fat, and also supplies the fuel that combines with oxygen in the capillaries to produce animal heat.

The nitrogen which we gain from our food and the air, is the chief element of muscle ; phosphorus is the chief element of brain and nerves ; and calcium or lime, is the hard portion of the bones. Iron is an important element of blood ; and silicon supplies the hardest parts of the teeth, nails and hair.

We are perishing and being born again at every instant. We do literally enter over and over again into the womb of that Great Mother from whom we get our bones, and flesh, and blood and marrow. "I die daily," is true of all that live. If we cease to die, particle by particle, and be born anew in the same proportion, the whole movement of life comes to an end, and swift, universal, irreparable decay resolves our frames into the parent elements. The products of the internal fire which consumes us over and over again every year, pass off mainly in smoke and steam from the lungs and the skin. The smoke is only invisible because the combustion is so perfect. The steam is plain enough in our breaths on a frosty morning ; and an over-driven horse will show us, on a large scale, the cloud that is always arising from our bodies. It is also a curious fact that in all articles of food, the elements that nourish diverse parts of the body are divided into several portions, and also that the proportions correspond in a great degree to the wants of the body. For example, a kernel of wheat contains all the articles demanded for

every part of the body, and represents, upon an enlarged scale, the position and proportions of the chief elements required. The white central part is the largest in quantity, and is chiefly carbon in the form of starch, which supplies fat and fuel for the capillaries. The shaded outer portion is chiefly nitrogen, which nourishes the muscles, and the dark spot at the bottom is principally phosphorus, which nourishes the brain and nerves; and these elements are in due proportion to the demands of the body. A portion of the outer covering of a wheat kernel holds lime, silica and iron, which are needed by the body, and which are found in no other part of the grain. The woody fiber is not digested, but serves by its bulk and stimulating agent to facilitate digestion.

It is therefore evident that bread made of unbolted flour is more healthful than that made of superfine flour. The process of bolting removes all the woody fiber, the lime needed for the bones, the silica for hair, nails and teeth; the iron for the blood; and most of the nitrogen and phosphorus needed for muscles, brain and nerves. Experiments on animals prove that fine flour alone, which is chiefly carbon, will not sustain life more than a month, while unbolted flour furnishes all that is needed for every part of the body. These facts were ascertained by Liebig, the celebrated German chemist and physicist, who, assisted by his Government, conducted experiments on a large scale, in prisons, in armies, and in hospitals.

As an esculent, the Irish potato has come to be considered a greatly necessary article of food; but the fact is, that this potato has a very large proportion of starch that supplies only fuel for the capillaries, and very little nitrogen to feed the muscles, hence is not so much needed.

From these statements it may be seen that one of the chief mistakes in providing food for families,

has been in changing the proportions of the elements nature has fitted for our food.

It will be observed, then, why we should not eat so much concentrated food. It all passes into the circulation of the blood, and as much or more, in bulk, is taken into the stomach as a plainer, healthier sort; hence proceeds gout, fever and all manner of diseases, because nothing scarcely is left to pass through the bowels and keep the body in healthy condition. Two kinds of such food as designated below, at a meal, relishes better, digests easier, makes one more robust, without being corpulent—exploding the old idea of keeping fat down by smoke—is fitted better for labor, the latter sharpening the appetite and preparing one to sleep sweetly.

HEALTHY HOUSES.

Houses two stories high, with large windows, are usually the most convenient and healthy, arranged so as to admit the sunshine into every room. The sleeping appartments should all be upstairs, and the windows let down from the top that pure air may have free access and all impure gases escape; heavy blinds, as a consequence, will not be needed. Warm sunshine is as beneficial to man as to a plant; so welcome it into your house and don't be afraid of it. Open fire-places and coal grates are healthy, but hot stoves in close rooms are particularly unhealthy. Keep carpets off your sitting rooms, as they catch too much dust, and every step taken upon them the dust is raised and taken into the lungs, to your in-

jury. Green blinds, green-colored carpets, and green wall paper are all interdicted, because of the poison emitted from the Paris-green so largely used in these articles. Dye-stuffs, of most kinds, are poisonous, and often mix in the air which is breathed into the lungs. Shade trees should not be allowed too near a house, because of keeping the sun and air from having free circulation, and because of the unhealthy aroma arising from some kinds, as the *Alanthus*, or "Tree of Heaven."

Cleanliness is highly necessary, both inside and outside the dwelling-house. No rubbish should be allowed to accumulate about the doors or in the yards; all out-houses, barns, etc., need to be reached, for health and convenience, by good footways; that which is to be used as refuse, offal and manure, should be taken far enough away "to its own place," to the compost heap or pit; and if "in the city full," everything of the sort needs to be thoroughly deodorized. Every lawn and park, near dwellings, needs to be kept clear of rubbish and all impurities, as outdoor resorts of comfort and pleasure; and if forest trees remain standing, they should be kept trimmed of their lowest branches, at least fifteen feet from the ground, as well as all dead limbs. If not already sown to blue-grass, do it in season, and cut down the grass two or three times in the course of the year. Then, abjuring fashion for fashion's sake, looking to the health of the body, and having a contented mind, you will come to learn whence true enjoyment springs.

A WORD TO THE LADIES.

Vast responsibilities, in this matter, rest upon the mothers and daughters of our land, as respects the bodily health of both and that of their future progeny. They consider flat-headed Indians, and other nations, barbarous, as they are, who cause any part of the human structure to be deformed by pressure. But look at yourselves, as, compressing the form nature gave, tight corsets and belts are used around the waist to distort and deform those bodies. Worst of all, the lungs and general health are soon affected by this course, consumption and death following. Nor is this alone the cause of diseases common to woman. Tight lacing, tight dressing, tight garters, tight shoes, the latter from half an inch to three-quarters of an inch narrower than the foot, besides being often too short, and thin-soled, are causes. Circulation is stopped, feet get cold, and the general health becomes bad. The blame of all this is then charged upon the Almighty, when it is your own barbarous conduct and slavery to fashion. If you want health and happiness, there must be a radical change. The chest must be allowed to expand, not compressed, and the lungs inhale pure air. More walking and riding horseback, roaming the fields, and, while doing housework, it may be, also enforce such wholesome discipline upon your daughters.

To this end, get shoes large enough and stout enough to be serviceable for both health and comfort, stockings suitable, and not thin and flimsy, regardless of the weather, and be warmly but not profusely clad. Cook, eat and drink according to the dictates of nature, as herein suggested, if you would not be the sickly plants, full of pangs and pains, that all victims of the fashions of the day become.

PHYSICAL CULTURE.

“ To the strong hand and strong head, the capacious lungs and vigorous frame, fall, and will always fall, the heavy burdens ; and where the heavy burdens fall, the great prizes fall too.”—*Laws of Life*.

“ It is said that the Duke of Wellington, when once looking on at the boys engaged in their sports in the playground at Eton, made the remark : ‘ It was there that the battle of Waterloo was won ! ’ ”
—*Samuel Smiles*.

“ No man is in true health, who can not stand in the free air of heaven, with his feet on God’s free turf, and thank his Creator for the simple luxury of physical existence.”—*T. W. Higginson*.

The first element of success needed by him who has wisely chosen his calling, is *constitutional* talent. By constitutional talent, we mean the warmth and vigor imparted to a man’s ideas by superior bodily stamina, by a stout physical constitution. Till within a recent period, bodiculture, if it may be so called, has been neglected, and almost despised, in this country. Our books for the young have been full of praises of the midnight oil ; our oracles of education study, and *Nocturna mane versate, versate diurna*, has been the favorite motto in all our colleges. It has been truly said that all the influence under which the young American, especially the student of the last generation, lived, taught him to despise the body, while the mind was goaded to a preternatural activity. They led him to associate muscle with rowdyism, ruddy cheeks with toddies, longwindedness with profane swearing, and broad shoulders with neglect of the ordinances of revealed religion. Tallness was the only sign of virtue tol-

erated. Width and weight were held to indicate a steady tendency towards the State prison, and the model young man became pale, lanky, dyspeptic, desiring to be all soul, and regarding his body as the source of all his wretchedness. It is true, the majority of youth protested against this theory, and refused to be goaded to suicidal study, but not a few responded to the whip, with the results that are familiar to all.

But within a few years, a revolution has taken place in public sentiment on this subject. We are beginning to see that the body, as well as the mind, has rights that must be respected. We are learning by bitter experience that if the mind, which rules the body, ever forgets itself so far as to trample on its slave, the slave will not forgive the injury, but will rise and smite the oppressor. We are discovering that though the pale, sickly student may win the most prizes in college, it is the tough, sinewy one who will win the most prizes in life; and that in every calling, other things being equal, the most successful man will be the one who has slept the soundest and digested the most dinners with the least difficulty. The doctrine of Pascal, that disease is the natural state of Christians, has now few believers. We can not believe that the Creator thinks so; else health would be the exception, and disease the rule. We rather hold the opinion of Dr. J. W. Alexander, who, when asked if he enjoyed the full assurance of faith, replied: "I think I do, except when the wind is from the east."

It is now conceded on all hands that the mind has no right to build itself up at the expense of the body; that it is no more justifiable in abandoning itself without restraint to its craving, than the body in yielding itself to sensual indulgence. The acute stimulants, the mental dreams, that produce this unnatural activity, or over-growth of the intellect, are as contrary to nature, and as hurtful to the man,

as the coarser stimulants that unduly excite the body, "The mind," it has been well said, "should be a good, strong, healthy feeder, but not a glutton. When unduly stimulated, it wears out the mechanism of the body, like friction upon a machine not lubricated, and the growing weakness of the physical frame nullifies the power it encloses."

"It is now generally conceded," says Henry Ward Beecher, in one of his late admirable lectures to the theological students of Yale College, "that there is an organization which we call the nervous system in the human body, to which belong the functions of emotion, intelligence, and sensation, and that is connected intimately with the whole circulation of the blood, with the condition of the blood as affected by the liver, and by aeration in the lungs; that the manufacture of the blood is dependent upon the stomach; so a man is what he is, not in one part or another, but all over; one part is intimately connected with the other, from the animal stomach to the throbbing brain; and when a man thinks, he thinks the whole trunk through. Man's power comes from the generating forces that are in him, namely, the digestion of nutritious food into vitalized blood, made fine by oxygenation; an organization by which that blood has free course to flow and be glorified; a neck that will allow the blood to run up and down easily; a brain properly organized and balanced; the whole system so compounded as to have susceptibilities and recuperative force; immense energy to generate resources and facility to give them out; all these elements go to determine what a man's working power is."

To do his work cheerfully and well, every professional man needs a working constitution, and this can be got only by daily exercise in the open air. The atmosphere we breathe is an exhalation of all the minerals of the globe, the most elaborately finished of all the Creator's works—the rock of ages

disintegrated and prepared for the life of man. Draughts of this are the true stimulant, more potent and healthful than champagne or cognac, "so cheap at the custom-house, so dear at the hotels." The thorough aeration of the blood by deep inhalations of air, so as to bring it in contact with the whole breathing surface of the lungs, is indispensable to him who would maintain that full vital power on which the vigorous working power of the brain so largely depends.

Sydney Smith tells public speakers that if they would walk twelve miles before speaking, they would never break down. The English people understand this; and hence, at the universities, boat-races, horseback rides, and ten-mile walks, are practically a part of the educational course. English lawyers and members of Parliament, acquire vigor of body and clearness of head for their arduous labors by riding with the hounds, shooting grouse on the Scottish moors, throwing the fly into the waters of Norway, or climbing the Alpine cliffs. Peel, Brougham, Lyndhurst, Campbell, Bright, Gladstone—nearly all the great political and legal leaders, the prodigious workers at the bar and in the Senate—have been full-chested men, who have been as sedulous to train their bodies as to train their intellects. If our American leaders accomplish less and die earlier, it is because they neglect the care of the body, and put will-force in the place of physical strength.

PRACTICAL HINTS

AND

INFORMATION.

Various subjects, not requiring extended notice, but intimately related to health and happiness, may now be referred to.

COLD FEET.—The common cause is a stomach inflamed, irritated, and out of order. As the blood always flows to any distressed part, it rushes to and settles at the stomach, and leaves the limbs and feet cold. A free sweat, with use of oil and cayenne pepper afterwards, will be found a relief, or more probably a complete remedy, if proper attention to food is given, together with due regard to General Instructions elsewhere.

THIN AND TIGHT SHOES.—Pride is the parent of the first. When worn in wet and cold weather the feet of course become cold, the pores are closed and the blood driven out of the feet. The corrupt matter and adipose tissue being thus prevented from passing out through the skin, is carried back to various parts of the body. Hundreds and thousands of cases of consumption, catarrh, dropsy, typhoid,

lung and intermittent fevers, croup, scarlatina, scarlet fever, and many other diseases start in this way. Tight shoes, of course, compress and cramp the flesh of the foot, hindering the flow of blood and its work in carrying corrupt matter to the pores. For a remedy in either or both these cases above referred to, I know of nothing better than common sense, or as Sam Jones says, "Quit your meanness!"

REST.—Like many other good things, this has its enemies. Haste to make money, worry and anxiety of any kind, artificial stimulants such as beer, tobacco, liquor, tea and coffee,—all these are deadly foes to perfect rest, and if permitted to join hands with over-eating, will murder it,—while any one of the above single-handed will injure it. Drugs are but deadly substitutes for the true remedy which is to stop the cause, bathe frequently and regularly, and eat perfect food.

HAIR DYES.—These are claimed to be harmless, but most are made of lead, silver, sulphur, and other ingredients which are, in fact, the rankest poison to scalp and hair. Leave them entirely alone.

SALT.—This article, except as nature serves it up in vegetables, etc., is wholly unnecessary as an accompaniment of food or seasoning. In fact some very easy tests show it poisonous. Thirty-five per cent. of salt is chlorate. This is down-right poison; and in the form of a common salt its action will be seen by placing some of it on a plant, feeding it to a chicken, or a turkey, or a frog, or by putting some in a notch cut in a tree,—it will kill them all. Salt hardens and toughens meat, the same as arsenic does, and makes it very much like leather tanned by oak-bark. Deer, etc., eat salt only when passing from dry grass, etc., to green,—as a correction against diarrhœa.

ICE WATER AT MEALS.—Words can scarcely express how unwise and injurious this practice is. The ice water, making both the food and stomach cold, hinders digestion or stops it, for a time, altogether. The blood, drawn from the limbs to warm the distressed organ and so help it recover normal temperature, bears to the internal parts the rotten and corrupt matter and tissue it was carrying to the pores. This corruption, settling at the stomach, produces all sorts of trouble, and is a prolific seed of disease. Dyspepsia and a long list of ailments and diseases have their start just here. Cold water should never be taken when food, in any considerable quantity at least, is on the stomach.

GLUCOSE.—As modern trickery is putting this substance into so many articles which people eat, such as candy, sugar, molasses, elegant table syrups, and the like, a glance at the process by which it is made will furnish an additional argument against the use of any of the things named. My information comes direct from a gentleman for many years engaged in making glucose in one of the largest factories in the United States, a factory by the way, owned by a syndicate which makes nearly all the glucose used in this country. They operate a dozen factories but the process in all is the same. The corn is ground into meal, out of this starch is made, which is then mixed with sulphuric acid. Any one knowing at all what sulphuric acid is would be like my informant; he would never put anything containing it into his stomach. Applied to the skin, flesh or clothes, it destroys them very much as a red hot iron would do. An officer on a steamboat told me that once when his boat was carrying some of it in large bottles, called carboys, one of them was broken, and the acid got on his hands, clothes, and boots. The hands it burned like fire, and the garments and leather were quickly destroyed. The stuff can not be shipped

in wooden barrels, *it would eat them up*, and so it is put into glass. Refining sugar is a high-sounding word for mixing sugar and sulphuric acid or glucose. I saw a score, if not a hundred of the above named carboys, or big bottles, holding several gallons each, in the rear of a glucose factory in Peoria, Ill., and the men told me their contents had been used as I have stated, i. e., to make gulcose, and it has ceased to be a secret that the latter is now used in more than twenty articles generally found upon the table. It is the principal substance or body of syrups, it is largely used in making apple-butter, jellies, candies, cakes, etc. Glucose fed to bees will kill them very quickly. Anything with it in them will disease and perhaps kill them.

FAT AND HEALTHY.—It is one of the worst of all mistakes to suppose that grain food will not yield enough fat or the heat-making element for the body. The following brief table shows the falsity of such an idea. Remember, fat is for heat and nitrogen for muscle.

GRAIN, ETC.	PER CENT.	PER CENT.
	FAT.	NITROGEN.
Wheat66	.18
Rye66	.18
Oats58	.21
Beans68	.16
Peas68	.16

Vegetables the same according to solid material.

SUNLIGHT.—The weakness and prostration suffered by many people is caused by lack of sunlight, which is barred out by shutters and blinds. This almost air-tight closing up is in itself extremely bad, as it causes an accumulation of effete matter in the room, generally if not accurately expressed by people making the remark “it smells musty.” This, of itself, may produce disease. But human bodies need the light of the sun as much as do the plants, vegeta-

bles and trees. Try to grow either of the latter in a cellar or dark room, and all your care and attention will not make up for the lack of light. It has long been known that in hospitals by far the most patients who recover at all, recover on the south side of the building, where the sun shines more than on the north, where, as many records show, the mortality is the greatest.

WORK AND WASTE.—It would almost seem as if the Caucasian race loves to work just for the sake of work itself, and nothing else. Men really waste more than they use; they put forth more exertion for needless and even harmful things than for the absolute necessities of life. More toil is given for beer, whisky, and tobacco than for *bread and books together*. Luxury and self-indulgence are really the greatest tyrants after all. No barbaric despot ever extorted such servile drudgery as fashion does in America to-day. A woman will wash a whole day, tugging and sweating over other people's filth, to get enough to buy a dead bird or one of his feathers to put in her hat. A man will work hard ten or twelve hours, and then give all he gets for it for the pleasure of hoisting ten drinks of liquid poison to his mouth and then perhaps serve the city or county ten or twenty days in working out a fine after that. Sugar, tea, pork, candy, coffee, butter, spices, doctors, druggists, medicine-makers, tobacco, liquor—these are some of the great *leeches* which, having fastened themselves on society—and probably on most of my readers—are gorging themselves with the people's life-blood and toil. But, as Barnum says, “the American people dearly like to be humbugged.”

UNMIXED FOLLY.—Men and women pay more for the privilege of being sick than they do for being well. Two-thirds of their toil is to get those things

which breed disease and a share of what is left they give for medicine that makes them worse. Health, on the contrary, imposes no such wrongs. It never presents any doctors' bills, or drug bills; it says to the toiler, "Labor only for the necessary things," and so releases him or her from the burden and heat of life's day.

DEBIT AND CREDIT.—Give the Creator credit on your books with supplying wheat, oats, vegetables and fruits for your use at the very low price of raising and gathering them. Charge yourself with the folly of turning away from this supply altogether or of changing its good qualities into bad by your own processes, and don't omit to debit yourself with all the work these processes entail, and the diseases thus produced by your vain attempt at being wiser than your Maker.

BEEF TEA.—This, although it may be put up in nice little jars, labeled, "Extract of beef, prepared by the world-renowned chemist, Baron Liebig," is a humbug. It claims to be made of lean flesh. But if this was really the case, it does not disprove my statement. Lean flesh itself does not contain the elements of a perfect food. Nitrogen or lean flesh is not dissolved by boiling water, while the lime, potash and soda, with a part of the carbon, do pass into the water, and so are lost as far as any nutritive value in the boiled beef is concerned. This deficiency as a food, characterizing beef tea, will be fully seen by referring to Analysis of the Human Structure. It will thus appear that anything lacking phosphorus, lime, potash, soda, silicon, etc., as beef tea does, should not be called food for the human body. Whole wheat, or Graham mush, or gruel of whole wheat flour, are better than beef tea in every respect.

ASHES AS A FERTILIZER.—Many farmers and gardeners go to great expense for bone-dust, under the impression that it is the grand fertilizer. That this idea is a mistaken one, is evident from the fact that bone-dust is about two-thirds carbon and atmospheric material. To prove the large amount of carbon in them, place bones in any common lye, prepared as for making soap. Break the bones into fine pieces and place in the lye, boil, and you have a very fair article of soap. As this carbon is atmospheric material and not taken up by the roots of plants, only about one-third of bone-dust is really a fertilizer, and hence it is a very expensive fertilizing agent. One thus buys so much that does not fertilize. Strong wood-ashes are, I believe, three times as valuable as bone-dust for fertilizing. My various experiments with them lead me to recommend as follows: On potatoes—After preparing the ground, make the furrows, and into them then sprinkle the wood ashes. Each plant will require only a small quantity. After doing this with some rows, I planted some without any ashes, and on digging had about half the yield in them as in the rows enriched by the ashes; all other things were equal as to moisture, etc. The ashes made the difference. For wheat, the ground should be broken first, then apply the ashes, and then drill, etc. Forty bushels per acre of ashes will in this way increase the yield fully one-third. The same put on timothy made the yield exactly double. Should any desire to see how truly and to what extent ashes are food to the plants, let him burn some straw, hay or corn stalks. All that remains, the lime, potash, soda, silicon and iron, (the ashes) are just so much food to be taken up by the plant-roots in future growths yet to appear in some part of nature's vast domain. What passes up and away in space, the leaves will yet absorb, though neither you nor your children may ever sit under their grateful shade. By this same experi-

ment, you may learn what amount of ashes to give each plant or kind of plant, viz., by the quantity remaining after burning some of any one kind. Practically, the amount to be put on the land is a little larger than the residue of ashes is, as some waste is obviously unavoidable.

PATENT MEDICINES AND DRUGS.—If all the history of the dark ages were ransacked, a greater humbug or superstition could not be found, in all those musty records of ignorance, than the theories and beliefs now commonly held relating to medicines, drugs, blood-purifying bitters, liver-pills, and the whole list of preparations, patented or unpatented, sold by the car-load in America. And yet, notwithstanding this immense trade in such things, if one asks either seller, or buyer, or doctor, the following simple and very reasonable question, he is completely befuddled: “How can a patent medicine, or any other drug purify the blood? how can it cast out of the body the rotten matter or the broken-down tissue, while the skin-pores are closed?” Ages on ages before drugs, druggists, or patents were heard of, the Creator appointed these pores of the skin to be the outlets for this corruption and waste, and most beautifully did He adapt and arrange them for carrying it off. So long as these are closed and choked, of what use is it to feed high-sounding, latin-named poisons to the inside organs which, poor things, are badly enough off already? Water, or blood and perspiration, is the only material with which and by which the corruption and waste can be removed. It has been proven times almost without number that by a certain healthy diet, with bathing, practiced for thirty days, a man, without any drug or medicine whatever, can render his body proof against smallpox; or if he continues the diet and bath for fifteen to eighteen days he may, if exposed, have that disease, but can not and will not have it other-

wise than very slightly. Now, professors and doctors know and admit all this, but are not honest enough, I fear, to go a little further and put in practice what these proofs show, viz., that medicine is not necessary to health and it does not cure disease. By a "cure" I mean a removal of it, root and branch, from the whole human system. No doubt any certain disease may *appear, for a time*, to be cured, or relief given, but it is by bringing on another disease, or debility, for drugs and medicines have no power to do more. I fearlessly declare that doctors of the old schools do not know, or at least will not tell, what the seed or secret of disease is. How then can they give real and proper remedies.

OLD SAYINGS AND OLD HOBBIES.—One of the worst and falsest of them is "one man's food is another's poison," meaning that while a certain article of food or a certain diet is good for one man it may be just the very worst for another. This is utterly false. Different occupations may possibly require a little variation in the proportion of some of the elements of food, as for example a brain-worker may require more phosphorus than a wood-chopper, and the latter more nitrogen and calcium than the other worker, but on a proper grain and vegetable diet that matter would be well regulated by nature herself. I went to the Indiana Northern Penitentiary, at Michigan City, for the very purpose of seeing whether there is any truth, or shadow of truth, in the saying quoted. I found six hundred people, with all the differences in ages, temperaments, previous habits, etc., naturally expected in so many persons, but all of them were fed the same food, a plain simple diet, spoiled by no luxuries, and not only the officers but my own eye bore witness to the wonderfully good degree of uniform health, almost without any exceptions, shared equally by all. The warden declared that all, or nearly all the prisoners had better health than

before imprisonment, by their own voluntary statements, and compared with the same number of outsiders I am sure that health and strength were more generally inside the walls than outside. The bodies of all men are composed of the same elementary substances. Therefore, the saying referred to has no foundation in fact whatever.

LAW PROTECTS WOLVES, BUT NOT SHEEP.—The old-time doctors, aware that their practice is based on error and thrives on ignorance; knowing and fearing that better things would come in with increasing intelligence, and so their occupation be gone, have had numerous laws passed for their own protection. And so you must employ a “licensed” doctor, or none. In other words, you must not employ the one your own judgment selects, but the one who has, by the law he made, selected and appointed himself for you. No one, be he the most competent and conscientious man on earth to furnish you a cure or treatment, is allowed to do so unless the old fogies are willing, which, of course, they are not, until he wears their brand. And yet this is called a free country! Alas! things are often in fact very different from what we call them. I submit, that any profession which asks for any protection not given by law to every private citizen, even the humblest and poorest, is a system of trickery and fraud. Every other profession or trade but this one asks nothing further than the privilege of standing or falling according to its merits. This one requires the props of law and injustice to prevent its corruption from falling to pieces by its own weight.

LIQUID RUIN.—About a year ago, a lady living on the corner of Pennsylvania and Ohio streets, in Indianapolis, was sick. The titled, high-priced doctor gave her medicine. Here are two facts about the deadly drug he prescribed. It corroded and

partially eat away the bowl of a spoon accidentally left in a part of a dose over night. Some few drops of the stuff were accidentally spilt on the linen table cloth, and it burnt a hole there in twenty minutes, fairly eating up the fabric. A man who was quite unwell, but had to travel, started from Philadelphia for Indianapolis a few weeks ago. Before getting on the train he stepped into a drug-store (or poison-shop), and had filled a prescription which his doctor had given him an hour before. He put the bottle of medicine into his valise, but by some accidental kick the vial was broken. After a few hours the man opened the valise to take a dose, but behold, the stuff had not only run out all over his shirts, handkerchiefs and socks, but had actually eaten holes in every article it had touched. An Indianapolis lady, to whom this gentleman is engaged, told the writer the above facts. Now, what must be the effect of such medicines as these two upon the delicate membranes and exquisitely fine fibres and workmanship of which, and by which, the interior of the human body is constructed? I leave you to imagine it—it can not be described. The other day a man well known to the author to be reliable, told me a bottle of medicine for rheumatism was broken in his inside pocket. Spilling out, the stuff ate big holes in his vest and shirts, and even caused a sore place on his skin. Is it not about time, O reader! to wake up?

ABOUT A FISH.—There is in every fish a little piece of the Creator's wonderful mechanism which may well excite our admiration. It is the air-bladder. The bones being composed of mineral substances, are heavier than the water, while the flesh is about equal weight with the element in which the fish lives; so that he would sink were it not for the beautiful contrivance before us. This being filled with air, or, as I am inclined to believe, hydrogen, which is lighter than the water, the bladder serves as a

perfect balance, and he can therefore float at will without any effort or motion. When the fish is small, say one-eighth of an inch long, the air-bladder is small in proportion, but it increases with his growth, and when the fish reaches fifty or a hundred pounds in weight, the balance is found absolutely perfect. Two problems I will leave with my readers for solution. First: How and from whence does the increased volume of air, or hydrogen, reach and enter the bladder to keep it constantly filled as it grows? Second: This globe of ours is a hollow sphere, whose interior is filled with molten matter. This internal heat manufactures natural gas, which is mostly hydrogen, which is the very lightest element or gas known to man. Now, I ask, is this inflation or filling of the earth with this extremely light gas, the true reason why our globe floats in space? Reasoning from analogy, it *is* the cause of the earth floating in space or air, as we have seen the fish does in water, by an interior inflation with an element lighter than the water in which he floats.

BOILER EXPLOSIONS.—Having some experience in such matters, and as I was an eye-witness of a celebrated boiler explosion on the State Fair grounds, at Indianapolis, I will speak of the cause of this and other explosions. As is known to so many, the large boiler of Sinker & Davis exploded at the place named killing many people, and wounding still more. I was distant from the boiler only about eighty, or perhaps ninety feet. I was deeply impressed with the immensity of the power by which not only so many were instantly killed, but the boiler was torn to atoms, while huge pieces of machinery and iron were blown to a great distance in a moment.

Now, as to my theory of the cause. When the boiler becomes nearly dry, and, the water being then quickly formed into steam, leaves the flues, and these become intensely hot. When they reach a certain high degree of temperature the oxygen and

hydrogen separate. The hydrogen being sixteen times lighter than the oxygen, rises above it and the oxygen passes downward. Hydrogen is very explosive, as any one may see by looking at natural gas, which is mostly hydrogen. Now, when this hydrogen in the boiler, rising clear of the oxygen, comes in contact with the intensely heated flues, it takes fire in less than the thousandth part of a second. The power it exerts by ignition is greater than that of gunpowder, and probably equal to dynamite.

The idea of engineers generally is, that an explosion is caused by injecting cold water, and that by the sudden contraction produced by cold, the violent concussion is brought about. It seems more reasonable to say that there is really no contraction at all, but rather an awfully great and violent expansion, for nothing else than some immense power working from within outwardly, can account for the throwing of great weights to long distances—as was the case in the explosion above referred to.

The safest way, in fact the only safe way, is never to let the water in the boiler get low, and if, by any means unforeseen, it should do this, the fire should be drawn at once.

A word as to bursting of feed pipes. My attention was once called to a boiler in Lebanon, Ind. The pipe had been burst while attempting to force water through it into the boiler. An examination revealed a solid formation of lime in the pipe, near where it entered the boiler, so that only an opening not larger than that in a straw remained. In utter ignorance of this, the pumps had been started, and, as a matter of course, the water, having no outlet, or next to none, had to burst the pipe. This brings out a very important matter for all who have to do with boilers, especially where the water used contains lime.

CANNED TOMATOES.—Many people are poisoned by canned tomatoes for the simple reason that the acid in the tomatoes dissolves the metal,—the lead

and tin. When thus combined by this chemical action a deadly poison is formed from the effects of which many suffer without being aware of the true cause of their ailment.

CANNED FRUITS.—When canned in tin which contains acid, the acid dissolves the lead and tin, and these two combined make a deadly poison. More people are poisoned in this way than is generally believed.

SETTING TREES AND PLANTS.—In setting trees, dig a hole in the earth, and before doing anything else, prepare some earth, enriched with well-rotted manure. Take a sharp knife, cut the roots off back to where wood and bark are perfectly sound. The reason for this cutting is that any bruised ends will simply rot and decay. After the tree is set out the sap begins to flow, and flows out between the bark and the wood of the root, forming *new* roots at the end of the *old* ones. Now place the tree in the hole, putting the prepared earth around the roots, setting it snugly around them by two or three bucketfuls of water, and this will also assist in the speedy flow of sap. Place a good layer of wet straw, or some such thing, around the tree on the ground after filling the hole. This will retain the moisture where it is needed. Plants should be set in the spring, with ground well prepared. For raspberries and blackberries make furrows, put the roots quite deep in the earth, cover thoroughly and cultivate well the first season, and in the fall cover the earth with straw. By this latter you keep down the growth of weeds in the spring, as well as retain the moisture in the earth while the berries are ripening, thus saving them from drying up when the usual dry period comes. The straw also acts as a manure or fertilizer. For these several reasons it should always be used liberally.

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